

SERMON NOTES FOR SUNDAY – MAY 16, 2010  
TRINITY LIFE CENTER – SACRAMENTO, CA  
DR. GLEN D. COLE – SENIOR PASTOR

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**TITLE:** “The Things We Forget Most”

**TEXT:** Psalm 107:8, 15, 21, 31-32

**INTRODUCTION:** Psalm 144:14-15 declares: *“Let there be no complaining in our streets. Happy is the people whose God is the Lord.”*

Psalm 107 is a PLEA FOR PRAISE!

1. Some cannot praise – Proverbs 15:8
2. Some will not praise – 2 Samuel 6:16-20
3. Saints always praise – Exodus 15; 2 Chronicles 7:3 and 6; Acts 16:25

I: PRAISE AND THANKSGIVING ARE BIBLICAL ... THEREFORE SHOULD BE PRACTICED

Biblical Praise includes ....

- a) Singing – Psalm 98:1
- b) Dancing – Psalm 30:11
- c) Bowing and kneeling – Psalm 95:6
- d) Raising hands – Psalm 63:4
- e) Clapping – Psalm 47:1
- f) With instruments – Psalm 150
- g) Making a joyful noise – Psalm 98:4
- h) Shouting for joy – Psalm 5:11
- i) Singing in the Spirit – I Corinthians 14:15
- j) Giving offerings – Psalm 96:8; 2 Corinthians 8:1-8

II: FOUR THINGS TO BE PRAISEFUL ABOUT

1. Our Heritage
  - a) National heritage
  - b) Denominational heritage
  - c) Personal heritage
2. Our Freedom
  - a) Political freedom
  - b) Social freedom
  - c) Religious freedom
3. Our Gospel
  - a) Has no race barrier
  - b) Has no intellectual barrier
  - c) Has bridged the social barrier
  - d) Has no hereditary barrier
4. Our Opportunities

- a) Personal well-being
- b) Land of opportunities

**CONCLUSION:** What do we forget most? PRAISE AND THANKSGIVING!