

NOTES:



December 10, 12-13, 2009

## MESSAGE NOTES

***Worthy***

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### **The Sacrifice of Praise & Thanksgiving** *Francis Anfuso*

1Peter 2:5

...as living stones, are being **built up a spiritual house**, a holy priesthood, to **offer up spiritual sacrifices** acceptable to God through Jesus Christ.

#### **The Sacrifice of Praise Requires:**

- 1. Perseverance** – We all tend to give up too soon. It's time to keep digging in the spirit.

Hebrews 13:15-16

Therefore by Him let us **continually offer the sacrifice of praise to God**, that is, the **fruit of our lips, giving thanks to His name**. But do not forget to do good and to share, for **with such sacrifices God is well pleased**.

- 2. Overcoming prejudice** – Jonah was offended and prejudiced against the Ninevites.

Jonah 2:1-2

Then Jonah prayed to the LORD his God from the fish's belly. And he said: "I cried out to the LORD because of my affliction, and He answered me. Out of the belly of Sheol I cried, and You heard my voice."

Jonah 2:5

The waters surrounded me, even to my soul; the deep closed around me; weeds were wrapped around my head.

Jonah 2:6b-7

Yet You have brought up my life from the pit, O LORD, my God. When my soul fainted within me, I remembered the LORD; and my prayer went up to You, into Your holy temple.

What does it take for us to remember the Lord?

Our prejudice and critical hearts prevent us from offering our lives as a sacrifice in reaching others.

Jonah 2:8-10

“Those who regard worthless idols forsake their own mercy. But I will **sacrifice to You with the voice of thanksgiving**; I will pay what I have vowed. Salvation is of the LORD.” So the LORD spoke to the fish, and it vomited Jonah onto dry land.

**3. Withstanding persecution** – Paul and Silas decided to praise God in spite of their pain and circumstances.

Acts 16:25-26

But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them. Suddenly there was a great earthquake, so that the

foundations of the prison were shaken; and immediately all the doors were opened and everyone’s chains were loosed.

Acts 16:27-28

And the keeper of the prison, awaking from sleep and seeing the prison doors open, supposing the prisoners had fled, drew his sword and was about to kill himself. But Paul called with a loud voice, saying, “Do yourself no harm, for we are all here.”

Praising and thanking God when you don’t feel like it will not only frees you, but frees others around you.

Acts 16:29-31

Then he called for a light, ran in, and fell down trembling before Paul and Silas. And he brought them out and said, “Sirs, what must I do to be saved?” So they said, “Believe on the Lord Jesus Christ, and you will be saved, you and your household.”

When we worship God, we realize a perfect God fully accepts us who are unworthy. So why shouldn’t we, in turn, love and accept others?

We must be willing to:

- Overcome our prejudices.
- Forgive those who hurt us.
- Realize all people are worthy of being loved.