

O Give Thanks unto the Lord

Psalm 136

Giving Thanks

Psalm 136:1

O give thanks unto the LORD; for he is good: for his mercy endureth for ever.



Hebrew the word for *mercy* in these verses is *hesed*, which is “a special kind of love and mercy that God feels for and extends to those who have made a covenant with Him” (1).

Expressing gratitude for our blessings helps us feel God’s love.



Psalm 136:2

O give thanks unto the God of gods: for his mercy endureth for ever.

Psalm 136:3

O give thanks to the Lord of lords: for his mercy endureth for ever.



Psalm 136:26

O give thanks unto the God of heaven: for his mercy endureth for ever.





My brothers and sisters, do we remember to give thanks for the blessings we receive? Sincerely giving thanks not only helps us recognize our blessings, but it also unlocks the doors of heaven and helps us feel God's love. (2)

Recognizing God's Blessings

Writing blessings down
to remember later

Remembering what you
have been taught in
your homes and at
church

Remembering when
your prayers have been
answered

Remembering a special
feeling, writing it down,
and/or sharing it with
others



Only take heed to thyself, and keep thy soul diligently, lest thou forget the things which thine eyes have seen, and lest they depart from thy heart all the days of thy life: but teach them thy sons, and thy sons' sons; Deuteronomy 4:9

Listing and Sharing

Express your gratitude for Heavenly Father and Jesus Christ in a social media post or by writing in your journal.

Make a list of things that you are grateful for. Remember to include those things in your next prayer.



I try to remember the Savior's sacrifice
and His love for me.

Then, when I pray to Heavenly Father to
give thanks, I feel love and assurance
that my prayers are heard and that I will
receive whatever is best for me and those
I love.

It strengthens my testimony. (3)



Sources:

Videos:

“Principles of Peace: Gratitude” (2:32)

“President Russell M. Nelson on the Healing Power of Gratitude” (from time code 2:45 to 4:27)

“In the Spirit of Thanksgiving” (4:48)



1. ” (Russell M. Nelson, “The Everlasting Covenant,” *Liahona*, Oct. 2022, 6).
 2. President Thomas S. Monson (“The Divine Gift of Gratitude,” *Ensign* or *Liahona*, Nov. 2010, 87)
 3. President Henry B. Eyring (“Our Constant Companion,” *Liahona*, Nov. 2023, 94)
- <https://fashionsbylynda.com/blog/>