

Reasons to be Thankful

Psalm 103:1-5

Thanksgiving is at the very heart of the Christian faith. An attitude of thankfulness is impossible for believers to ignore because God's Word commands it (1 Thess. 5:18; Psalm 140:13; 100:4; 95:2).

In this Psalm, David teaches us that *because God faithfully provides for all our needs, we must always live a life of gratitude before Him*. In verses 3-5, David mentions three marvelous divine blessings that every believer ought to constantly remind themselves of.

Sermon Outline

1. As a _____, God _____ my soul

Forgiveness is the first of all our needs; for of what use will all things be if our soul is not saved? (Matt. 16:26). God forgave us absolutely and completely through Jesus Christ (Eph. 1:7; Isa. 43:25; 2 Cor. 5:21). This is God's greatest blessing (Romans 4:7; Psalm 103:12; Micah 7:19; Hebrews 8:12).

God redeems our lives from destruction. In the midst of constant threat from all his enemies, David is able to affirm that the Lord is his deliverer" (2 Sam 22:2; Psalm 18:2; Psalm 34:6). In Christ we have total redemption (Eph. 1:7; 1 Peter 1:18-19); a redemption we enjoy which will never falter or fail until we arrive safely home in glory (1 Pet. 1:5; John 6:37-40; 10:28). Therefore, _____

2. As a _____, God _____ my health

God heals both our physical and spiritual diseases. God created us in His image and though sin corrupted that image, He re-created us in/through Christ so that our ailing bodies that are often afflicted with sickness and disease will experience healing (as He wills). God likewise brings complete healing to our sin-inflicted souls (Psalm 107:17-22; 1 John 3:2).

Therefore, _____

3. As a _____, God _____ my life

David saw how God took him from the pit and placed him in the palace. As believers, we have been made to be kings and priests who reign with God (Eph. 2:6; Rev. 1:5; Rev. 20:4,6). We have been adopted by God in Christ to become heirs of God and joint heirs with Jesus Christ (Rom. 8:17) and recipients of God's great favor (Psalm 5:12).

God also renews our strength like the eagle (Isaiah 40:27-31). Those who rest in God and draw their strength from Him will find that they are in a constant state of renewal and that their spiritual stamina will never fail (Eph. 3:16; Phil. 4:13; Col. 1:11). As we wait upon the LORD, He renews our spiritual strength so we can soar in victory above our trials, our tribulations and our difficulties (1 Pet. 5:10; Deut. 33:25).

Therefore, _____

Have you become so caught up in the burdens and problems of life that you have forgotten His benefits in your life? Have you allowed others and their actions to turn your heart away from the Lord and His blessings in your life? David says remember your blessings; never forget them. Instead, always recount them, rehearse them and relive them!