

@STPAULPEORIA



OCTOBER - DECEMBER

Week 6:

Finding Joy in the Little Things

Psalm 103:2

Quarter 4 : Live Simple

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PSALM 103:2 (CSB)

**“Bless the Lord, O my soul, and forget not all his
benefits.”**



Our brains hold onto what's loud, not what's loving.

EXODUS 12:14 (CSB)

“This day shall be for you a memorial day.”

EXODUS 13:3 (CSB)

“Remember this day when you came out of Egypt.”

EXODUS 20:8 (CSB)

“Remember the Sabbath day.”

DEUTERONOMY 4:9 (CSB)

“Keep your soul diligently, lest you forget what your eyes have seen.”

DEUTERONOMY 6:12 (CSB)

“Take care lest you forget the LORD who brought you out of slavery.”

DEUTERONOMY 9:7 (CSB)

**“Remember and do not forget how you provoked the
LORD...”**

Every time Israel forgot, they drifted:

**From gratitude to grumbling, from dependence to pride,
from worship to idolatry.**

PSALM 103 (CSB)

**“Bless the LORD, O my soul, and forget not all His
benefits,”**

- 1. Review God's benefits**
- 2. Recite God's benefits**
- 3. Respond to God for his benefits**

Some blessings wear disguises

We all carry guilt



God's love doesn't leave when we fail.



God gives new strength right where ours runs out.

2. Recite God's Benefits

**(Reciting God's benefits trains our
hearts to believe again)**

What you say shapes what you see.



When truth is repeated, your soul is reoriented.

3. Respond to God for his benefits

**WORSHIP IS HOW WE RECLAIM
OUR ATTENTION AND RETURN
OUR AFFECTION TO THE ONE
WHO GAVE IT FIRST.**

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