

## Bless the LORD Psalm 103

"The unthankful heart discovers no mercies; but the thankful heart will find, in every hour, some heavenly blessings." Henry Ward Beecher

#### Psalm 103:1 Bless the LORD, my soul, And all that is within me, bless His holy name.

#### 2 Bless the LORD, my soul, And do not forget any of His benefits;

Satan kept hammering away at Job with the Goal of trying to get him to Curse God! Even his wife gave up and cried out: "Do you still hold fast your integrity? Curse God and die!"

#### His Blessings 1,2

- Talking to yourself?
- Soul matter of the eternal
  - flesh may vote
  - personality may vote
- Sum all that is within me
- Slip forget not any of His benefits

#### His Blessings 1,2

- Soul matter of the eternal
- Sum all that is within me
  - holding nothing back!
  - "Abandonment means to refuse yourself the luxury of asking any questions." Oswald Chambers 4/28
- Slip forget not any of His benefits

#### His Blessings 1,2

- Talking to yourself?
- Soul matter of the eternal
- Sum all that is within me
- Slip forget not any of His benefits
  - Recall
  - Replace

*"It's one thing to be grateful. It's another to give thanks. Gratitude is what you feel. Thanksgiving is what you do."* Timothy Keller

#### 3 Who pardons all your guilt, Who heals all your diseases;

#### His Benefits 3-5

- He Pardons
  - First is the forgiveness of sin
  - Redemption!
  - Only the One owed can forgive the debt!

"I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder." G.K. Chesterton

#### 3 Who pardons all your guilt, Who heals all your diseases;

#### His Benefits 3-5

- He Heals
  - Remember this is about the soul
  - The worst diseases are not of the body!
  - Pride is a cancer that destroys the soul

## Thankful hearts do not grow weeds of pride!

4 Who redeems your life from the pit, Who crowns you with favor and compassion;

#### His Benefits 3-5

- He Redeems
  - 'one who redeems' הגוֹאָל 'cone who redeems'
  - The Kinsman!
  - What was our end without our Redeemer?

#### "No duty is more urgent than that of returning thanks." Ambrose

4 Who redeems your life from the pit, Who crowns you with favor and compassion;

#### His Benefits 3-5

- •He Crowns
  - God surrounds us with favor (undeserved gifts)
  - God surrounds us with mercy (Solomon & baby)

#### "It is not how much we have, but how much we enjoy, that makes happiness." C.H. Spurgeon

#### 5 Who satisfies your years with good things, So that your youth is renewed like the eagle.

#### His Benefits 3-5

- He Satisfies
  - 'mouth' 'desires' 'years' 'life'
  - "who satisfies you with good" ESV
  - Truly satisfied is Biblical contentment

"God whispers to us in our pleasures, speaks in our consciences, but shouts in our pains." C.S. Lewis

Php 4:19 My God Any day/Every year Heaven DATE PAY TO THE Praying Believer S All you need! ORDER OF He is able to do above and beyond all that we ask or think A Christ Jesus His Will FOR **#1234567890** His Riches in Glory **#1234567890** 

#### Who do we thank?

Our Redeemer
Our Provider
Our Friend

Thanksgiving will not be measured by what we have but rather what we return!



#### verse

# Point points thanks giving office

