

“All that I Am”
(Gratitude)

Psalms 103: Let all that I am praise the LORD;
with my whole heart, I will praise his holy name.
² Let all that I am praise the LORD;
may I never forget the good things he does for me.

I. Dave was SO thankful!

Let all that I am praise the LORD;
with my whole heart, I will praise his holy name.
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may I never forget the good things he does for me.

--he was intentional

“A thankful heart is one of the primary identifying characteristics of a believer. It stands in stark contrast to pride, selfishness, and worry”. –John MacArthur

“Gratitude is a decision of the will, and if a decision of the will, the choice resides squarely with us. Deciding to be thankful is no easy task. It takes work.” –Chuck Swindoll

Col 2:7 Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness.

--he was passionate

--he was descriptive

II. The specifics of David’s gratitude

A. God’s mercy and grace³ He forgives all my sins

--David understood the endless mercy of God

⁸ The LORD is compassionate and merciful,
slow to get angry and filled with unfailing love.

⁹ He will not constantly accuse us,
nor remain angry forever.

--David understood his frailty and vulnerability

¹⁴ For he knows how weak we are;
he remembers we are only dust.

¹⁵ Our days on earth are like grass;
like wildflowers, we bloom and die.

¹⁶ The wind blows, and we are gone—
as though we had never been here.

--David understood his own messiness and sinfulness

¹⁰ He does not punish us for all our sins;
he does not deal harshly with us, as we deserve.

¹¹ For his unfailing love toward those who fear him
is as great as the height of the heavens above the earth.

¹² He has removed our sins as far from us
as the east is from the west.

--David understood God was the perfect Father

¹³ The LORD is like a father to his children,
tender and compassionate to those who fear him.

B. David was thankful for his health

³ He forgives all my sins
and heals all my diseases.

C. David was thankful for blessings now and rewards later!

¹⁷ But the love of the LORD remains forever
with those who fear him.

His salvation extends to the children's children

¹⁸ of those who are faithful to his covenant,
of those who obey his commandments!

D. David was thankful for God's complete control of ALL things!

¹⁹ The LORD has made the heavens his throne;
from there he rules over everything.

God is in control, and therefore in EVERYTHING I can give thanks - not because of the situation but because of the One who directs and rules over it. –Kay Arthur

Close:

“If there was ever a secret for unleashing God’s powerful peace in a situation, it’s developing a heart of true thanksgiving.” –Lysa Terkeurst

