

WORTHY THANKSGIVING

“Bless the LORD, O My Soul!”



Scripture Text

Psalms 103:1-5 NKJV

1 Bless the LORD, O my soul; And all that is within me, bless His holy name! **2** Bless the LORD, O my soul, And forget not all His benefits: **3** Who forgives all your iniquities, Who heals all your diseases, **4** Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, **5** Who satisfies your mouth with good things, So that your youth is renewed like the eagle's.

*God is worthy of
total Thanksgiving!*

Key Takeaway ____

1. *The self-summon to praise God*

Psalms 103

- 1) Bless the LORD, O my soul; And all that
is within me, bless His holy name!
- 2) Bless the LORD, O my soul, And forget
not all His benefits:

2. *Give thanks for forgiveness and healing*

Psalms 103

3) Who forgives all your iniquities, Who
heals all your diseases,

3. *Gives thanks for recuse,
kindness, and mercy*

Psalms 103

4) Who redeems your life from destruction,
Who crowns you with lovingkindness
and tender mercies

4. *Gives thanks for
provisions and renewal*

Psalms 103

- 5) Who satisfies your mouth with good things, So that your youth is renewed like the eagle's.

For the next 30 days,
begin each day with 2-3
things for which you are
thankful to God.

You will grow in gratitude,
and you will see a change
in your outlook on life.

- **The Challenge is**