

## Thanksgiving and God's Blessed Benefits

Psalm 103:1-5 & Selected Scriptures

**Biblical Joy:** *An unspeakable gladness, a gift from God that refreshes our soul.*

**Ken Blanchard** - *"one-minute praising."*

We can outline **Psalm 103** this way:

- **Personal (vv. 1-5)** - David reviews the mercy of God to him.
- **National (vv. 6-18)** - David reviews the mercy of God to Israel.
- **Universal (vv. 19-22)** - David calls all mankind to praise God.

**David** wholehearted, intentional praise of God: *" . . .all that is within me praise His holy name (v.1) . . .and forget not all his benefits" (v.2).*

- We must *think* before we can *thank*.
- We must *ponder* before we can *praise*.
- We must *remember* before we can *rejoice*.

### Five Blessed Benefits

1. \_\_\_\_\_ - *"Who forgives all your iniquity, . . ."* (v.3a)
2. \_\_\_\_\_ - *"Who heals all your diseases, . . ."* (v.3b; 1 Thessalonians 4:16)
3. \_\_\_\_\_ - *"Who redeems your life from the pit, . . ."* (v.4a)
  - *"redeem"* means to *rescue from danger in the time of trouble*.
  - *"pit"* refers to *death itself*.

4. \_\_\_\_\_ - *"Who crowns you with steadfast love and mercy, . . ."* (v.4b)
  - **KJV** - *"lovingkindness and tender mercies."*
  - *"lovingkindness"* = *God's loyal, unending, unchanging love toward us*.
  - *"tender mercies"* = *He knows what we are going through, and He meets us where we are*.
5. \_\_\_\_\_ - *"Who satisfies you with good so that your youth is renewed like the eagle's."* (v.5)

**Conclusion: Who is the Greatest Saint?**

*So how do we apply the message of Psalm 103:1-5 to our lives?*

**Verse for October 2023 Psalm 35:27 (ESV)** *Let those who delight in My righteousness shout for joy and be glad and say forevermore, "Great is The LORD who delights in the welfare of His servant!"*

**My Commitment:** *"Lord, based upon what I heard You say to me this morning I choose to obey You by . . ."*

**Our Fellowship:** Before you leave ask someone: *"What did God say to you today?"*

**Deuteronomy 30:14 (TM)** *The Word is right here and now - as near as the tongue in your mouth, as near as the heart in your chest. Just do it!*