

Numbering Our Days: Living With Gratitude

Key Scripture: Psalm 90:12

“So teach us to number our days, that we may present to You a heart of wisdom.”

Introduction — Learning to See

Life is lived in seasons, and every season is an invitation to know God more deeply.

Gratitude changes the way we see those seasons. It teaches us to:

- Slow down.
- Pay attention.
- Look more carefully.
- Notice the goodness of God that we might otherwise walk right past.

Gratitude does not simply happen. **Gratitude requires intentionality**, and it is something that is cultivated over a lifetime.

Scripture gives us three directions in which to cultivate a grateful heart:

1. **LOOK UP** — Thankful for who God is.
 2. **LOOK BACK** — Thankful for what God has done.
 3. **LOOK FORWARD** — Thankful for what God is going to do.
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I. LOOK UP — Thankful for Who God Is

Psalm 103

“Bless the LORD, my soul, and all that is within me, bless His holy name. Bless the LORD, my soul, and do not forget any of His benefits.”

— Psalm 103:1–2

David begins by intentionally directing his attention toward God.

A. Remember What God Has Done

Psalm 103:3–7 gives us reasons for gratitude. God:

- Pardons.
- Heals.
- Redeems.
- Crowns.
- Satisfies.

The instruction is simple but important:

Do not forget His benefits.

Gratitude remembers God's activity and provision in our lives.

B. Remember Who God Is

Our gratitude goes deeper than simply thanking God for the things He gives us.

Psalm 103:8 describes the character of God:

“The LORD is compassionate and gracious, slow to anger and abounding in mercy.”

Psalm 103:10–13 reminds us that:

- He has not dealt with us according to our sins.
- He removes our transgressions as far as the east is from the west.
- He has compassion on His children like a loving father.

We are grateful for His **mercy, grace, compassion, and lovingkindness**.

Ultimately, the greatest blessing God gives us is not something from His hand.

The greatest blessing God gives us is God Himself.

Gratitude Practice

LOOK UP.

Before considering what God has given you, spend time thanking Him simply for **who He is**.

II. LOOK BACK — Thankful for What God Has Done

Deuteronomy 8

One word repeatedly appears in Deuteronomy 8:

REMEMBER.

“You shall remember all the way which the LORD your God has led you in the wilderness these forty years...”

— Deuteronomy 8:2

God calls His people to deliberately remember their journey with Him.

A. Remember the Journey

Look back and:

- Remember where you came from.
- Remember how God provided.

- Remember how God carried you.

Gratitude requires **intentionality and focus**.

We have to make the time to remember.

B. Beware the Danger of Prosperity

Deuteronomy 8:11–13 contains a warning:

“Be careful that you do not forget the LORD your God...”

The danger wasn't simply hardship. There was also a danger in prosperity.

God warned His people about the time when:

- They had eaten and were satisfied.
- They had built good houses.
- Their herds and flocks multiplied.
- Their silver and gold multiplied.
- Everything they possessed increased.

When life becomes comfortable, it becomes surprisingly easy to forget.

That produces an important contrast:

GRATITUDE:

“Look what God has done.”

PRIDE:

“Look what I have done.”

C. Look for God's Fingerprints

Looking back allows us to recognize God's activity throughout our lives.

Remember:

- Prayers He answered.
- Doors He opened.
- Doors He closed.
- People He placed in your life.
- Ways He provided when you needed Him.

The fingerprints of God are everywhere.

Looking back helps us become grateful for our past and for His provision throughout it.

Gratitude Practice

LOOK BACK.

Take time to remember specific moments when God provided, guided, protected, carried, or redirected you.

III. LOOK FORWARD — Thankful for What God Is Going to Do

2 Timothy 4:6–8

Gratitude isn't limited to what God has already done.

Because our future rests upon God's promises, we can also look forward with gratitude.

Near the end of his life, Paul writes:

“The time of my departure has come.”

And yet Paul can confidently say:

“I have fought the good fight, I have finished the course, I have kept the faith.”

Paul isn't simply looking backward at his life. He is looking ahead.

A. Our Future Rests on God's Promises

Paul continues:

“In the future there is reserved for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day.”

Paul's gratitude reaches into the future because **his future rests on the promises of God.**

His confidence isn't rooted in circumstances. It is rooted in the faithfulness of God.

B. Our Ultimate Future Is Secure in Christ

For the believer, gratitude can extend beyond today's circumstances because our ultimate future is secure.

Whatever seasons remain ahead, our hope rests in Christ.

We can therefore be grateful not only for:

What God has done,

but also for:

What God is going to do.

Gratitude Practice

LOOK FORWARD.

Consider the future not simply through the uncertainty of your circumstances, but through the certainty of God's promises.

Numbering Our Days With Gratitude

Psalm 90 teaches us to recognize that our days are limited and valuable. Biblical gratitude helps us live those days wisely.

The pattern is simple:

LOOK UP

Grateful for who God is.

Psalm 103

LOOK BACK

Grateful for what God has done.

Deuteronomy 8

LOOK FORWARD

Grateful for what God is going to do.

2 Timothy 4:6–8

Gratitude teaches us to see God's goodness in every direction.

When we look **up**, we see His character.

When we look **back**, we see His faithfulness.

When we look **forward**, we see His promises.

May we learn to number our days by living them with gratitude.