
A Place for
Thankfulness

RECOGNIZE IT.

Do not overlook what God has done.

RECOGNIZE WHO GOD IS REALLY.

Psalm 100:3
Christian Standard Bible

3. Acknowledge that the LORD is God.
He made us, and we are **his people**,
the sheep of **his pasture**.

REMEMBER WHAT GOD HAS DONE.

Psalm 103:1-5
Christian Standard Bible

1. My soul, bless the LORD, and all that is within me, bless his holy name.

2. My soul, bless the LORD, and **do not forget all his benefits**.

3. He forgives all your iniquity; he heals all your diseases.

4. He redeems your life from the Pit;
he crowns you with faithful love and
compassion.

5. He satisfies you with good things; your youth is renewed like the eagle.

You cannot be thankful for what you refuse to **recognize**. Before we can become more thankful, we must become **more aware**.

- Aware of God's goodness.
- Aware of His grace.
- Aware of His provision.
- Aware of His protection.
- Aware of His mercy.
- Aware of His faithfulness.
- Aware of the blessings we have become accustomed to.

Sometimes the problem is not that God has not been good to us. The problem is that we have stopped noticing how good **He has been**.

And sometimes we become so **accustomed** to what we have that we stop **appreciating** what we have been given.

- We do not recognize the blessing until something threatens to take it away.
- We do not appreciate our health until we become sick.
- We do not appreciate a relationship until it becomes strained.

- We do not appreciate an opportunity until it is gone.
- We do not appreciate our mobility until movement becomes difficult.

- We do not appreciate peace until we experience chaos.
- We do not appreciate the ordinary moments until we realize how extraordinary they were.

What have I stopped thanking God for that He has already done in my life?

“Sometimes we do not need God to give
us something new.
We need Him to open our eyes
to what He has already given us.”

Pastor Tyus

Today let’s consider how many ordinary experiences are extraordinary gifts form God.

- You opened your eyes this morning.
- You took another breath.
- You had another opportunity to love someone.
- You had another opportunity to learn.

- You had another opportunity to make a decision.
- You had another opportunity to correct a mistake.
- You had another opportunity to grow.
- You had another opportunity to experience God’s favor.

Not everyone has the same circumstances, abilities, health, or opportunities. But wherever we find ourselves, we can learn to recognize the ways in which **God sustains us**.

Sometimes the most meaningful prayer we can pray is simply “God help me see what I have stopped seeing. In Jesus name Amen.”

“A blessing does not lose its value because it becomes familiar. We lose our gratitude when **we stop recognizing its value**.”

Pastor Tyus

Three Responsibilities of a Thankful Heart

1. RECOGNIZE THE SOURCE

Psalm 100:3
Christian Standard Bible

3. Acknowledge that the LORD is God.
He made us, and we are **his people**,
the sheep of **his pasture**.

One of the greatest enemies of thankfulness is the belief that everything we have is the result of our own efforts.

We may say …

- I worked hard for this.
- I earned this.
- I built this.
- I accomplished this.
- I made this happen.

Perhaps you did work hard.
Perhaps you made sacrifices.
Perhaps you developed your skills.
Perhaps you demonstrated discipline.
Perhaps you made wise decisions.
Those things matter.

But the deeper question is...

Who gave you the life,
ability, and opportunity to do it?

James 1:17
Christian Standard Bible

17. **Every good and perfect gift is from above**, coming down from the Father of lights, who does not change like shifting shadows.

Who has God used to help me become who I am today?

What opportunity have I started treating as something I am entitled to?

“Never become so impressed
with what is in your hands
that you forget the One
who gave you the hands to build it.”

Pastor Tyus

2. RECOGNIZE THE BLESSINGS

Psalm 103:1-2
Christian Standard Bible

1. My soul, bless the LORD, and all that is
within me, bless his holy name. 2 My soul,
bless the LORD, and **do not forget all his**
benefits.

David gives himself a command to not forget all of God’s benefits that he experienced. The five blessings David reminds himself to always recognize.

1. **FORGIVENESS**

Who forgives all thine iniquities?
God offers forgiveness through His mercy and grace. Sometimes we are so focused on material blessings that we overlook the spiritual blessing of forgiveness.

2. **HEALING**

Who heals all my diseases?
David celebrates God as the source of healing and restoration.

Have I recognized the ways in which God has sustained me physically, emotionally, and spiritually?

3. **REDEMPTION**

Who redeemed my life from destruction? God can rescue, restore, and give new purpose. Some of us can remember decisions that could have destroyed us, seasons that nearly overwhelmed us, and moments when God's mercy made a difference.

What has God brought me through that I no longer take the time to remember?

4. **LOVINGKINDNESS AND MERCY**

Who crowned me with lovingkindness and tender mercies? God's compassion is not something we earn by being perfect. His mercy reminds us that our failures do not place us beyond His grace.

Have I become so focused on my mistakes that I have stopped recognizing God's mercy?

5. SATISFACTION AND RENEWAL

Who satisfies my mouth with good things so that thy youth is renewed like the eagle’s?

God provides what sustains and renews us according to His wisdom and goodness. He can give us renewed purpose, renewed perspective, and renewed strength.

What good things have God placed in my life that I have become too distracted to appreciate?

FIVE BLESSINGS CHALLENGE

This week, every person will identify five blessings they have become accustomed to. Not necessarily the biggest, the most expensive or the most dramatic blessings.

The everyday blessings they may have stopped recognizing.

For each blessing, answer five questions.

1. **RECOGNITION -** What is the blessing I have been overlooking?

2. **SOURCE -** How can I recognize God's goodness in this blessing?

3. **VALUE -** Why does this blessing matter to my life?

4. **GRATITUDE -** How will I intentionally express thanks for it?

5. ACTION - What will I do differently to demonstrate greater appreciation?

Choose one blessing and make one measurable change before next Sunday. Do not just say I am thankful.


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