

Psalm 103

Main Idea: Gratitude restores spiritual clarity. When we forget God’s goodness, we lose sight of God Himself.

Happy Thanksgiving!

Thanksgiving is a great time of reflection, family, and food. But gratitude itself is anything but natural. Complaining flows easily. Frustration pops up quickly. Gratitude, however, must be chosen. Psalm 103 is David talking to his own soul — pulling his emotions back into alignment with truth. David knew that gratitude is not something you feel first; it is something you choose first.

Think About It...

1. **Gratitude Begins with a Choice (vv.1–2).** Our tendency is to rehearse what is wrong. David reminds himself of everything God has done right.
2. **Gratitude Is Rooted in what God has Already Done (vv.3–5).** David lists six unchanging realities — the “Big Six”:
 - He forgives. He heals. He redeems. He crowns. He satisfies. He renews.
3. **Gratitude Influences how We See God (vv.8–12).** Gratitude clears the fog. David reminds himself that God is compassionate, gracious, slow to anger, abounding in love, and infinitely merciful.
4. **Gratitude Anchors us in God’s Unchanging Love (vv.17–18).** God’s love is everlasting to everlasting — steady, unchanging, and not tied to our performance.

What will you do?

Like David, we must speak to our own souls and choose gratitude. Gratitude is not a feeling; it is a decision. It is the sowing and reaping principle at work in our spiritual lives:

- ✓ **Remember who God is**
- ✓ **Remember what He has done**
- ✓ **Choose gratitude today**

The practice of gratitude:

- ✓ Express gratitude intentionally — even for small things
- ✓ Thank someone this week
- ✓ Write down three blessings daily

Don’t Forget

- Gratitude doesn’t deny reality; it declares God’s goodness in the middle of it.
- You won’t drift toward gratitude; you must direct your soul toward it.
- Gratitude restores clarity and keeps God at the center.

Family Night – Read Psalm 103

- Elementary School – Ask, “What is something God has done for you? Why do we sometimes forget to say ‘thank you’? How does God show His love?”
- Middle / High School – Ask, “Which of God’s ‘Big Six’ stands out to you? How does gratitude change our attitude? Why is gratitude hard sometimes? What would choosing gratitude look like this week?”

Prayer: “Heavenly Father, help us remember Your goodness and choose gratitude. Amen.”

Velocity (Middle and High School Students)

Velocity: No meeting this Wednesday. Happy Thanksgiving!

Gravity: Today in both services.

Today’s Songs

How Good It Is.....Chris Tomlin
Hymn of Heaven.....Phil Wickham
This is Amazing Grace.....Phil Wickham

Velocity Events

The Hunt – December 17
 Winterblast – January 16-19

Christmas Family Gift Giving

If you would like to buy a gift for a member of the families we are sponsoring this year, please sign up in the lobby.

Poinsettia in Memory or Honor of Your Loved One

Last day to order. We will display them on the stage throughout the holiday. Cost is \$20. Please pay at the time you order. Take home after Christmas Eve Service.

Family Events

Deck the Halls – December 7 from 4:30-6:30
 Wondering to Bethlehem – December 10 at 6:00