

## “Remembering the Lord Always Leads to Thankfulness”

It's not morbid to talk about death and desired legacy while we still live. It's actually healthy to be “heavenly-minded” and it's appropriate to keep our eyes on the finish line. Since our citizenship is in heaven, we need to act according to heaven's code while we live upon the earth. Psalm 77:10-12 reads, “*And I said, ‘This is my anguish; but I will remember the years of the right hand of the Most High.’*” <sup>11</sup> *I will remember the works of the Lord; surely I will remember Your wonders of old.* <sup>12</sup> *I will also meditate on all Your work, and talk of Your deeds.”* **If we will remember the Lord, and what He has done—it will always lead to thankfulness.** Thankfulness is the great antidote to grumbling and complaining. It's good to do as Lanny Wolfe suggests in his song, “*In Everything Give Thanks:*” “*In the good times praise His name, in the bad times do the same.*”

Sometimes life hits us so hard, and when we search for the Lord, He seems to have disappeared. But, “*He was there all along.*” Even though we may have lost sight of the Father, He hasn't lost sight of us. As the Psalmist does in Psalm 77, at some point after bemoaning our problems, we need to shift our focus to the record of God's activity on our behalf. Like Robinson Crusoe did when he found himself on a deserted island, we should list our problems on one side of a piece of paper, and our blessings on the other. Chances are, when we start listing our blessings, they will start to vastly outnumber the problems in our lives.

Sometimes we need to instruct our memories to remember and recall the miracles that God has done, and His wonderful deeds. One helpful way to improve our memories, is to attempt to memorize Scripture. This sanctifies our minds with a holy anointing. When we begin thinking of what the Lord has done, we open a door for faith to enter. As faith and hope build in our spirits, we begin to correctly reason that “*If He's done it before He can do it again!*” And that leads to thankfulness, which is God's will for us.

### Discussion Guide/Action Steps

1. Make these declarations:
  - “*I will remember the blessings of the Most High!*”
  - “*I will remember all the Lord has done!*”
  - “*I will remember Your wonderful deeds of long ago!*”
  - “*I will not stop thinking about Your mighty works!*”
  - “*I will talk and testify of Your deeds!*”
2. For every negative problem in your life, look for a blessing.
3. In everything give thanks.
4. Look over the attached lyrics sheet to be encouraged through the songs that were used.