**Giving Thanks**

**Introduction:**

Christians living in the United States have much to be thankful for. Often we don’t even realize the value of the blessings we do have.

“I am reminded of the wealthy Texan who was in the habit of giving his father unique gifs every father’s day. One year it was hang-gliding lessons. The year before it was the entire record collection of Slim Whitman’s Hits, autographed by the singer himself. But this past year he had outdone himself. He purchased a rare kind of South American bird, called the translator. This bird could speak five languages and sing “Yellow Rose of Texas” in any key while standing on one foot. The talented bird cost $10,000, but he felt it was worth every penny. This would be the Father’s Day gift his dad would never forget.

A week after Father’s Day he called his father. ‘Dad, how did you like the bird?’ His father responded, ‘It was delicious.’ ” Calvin Wittman

We have so much that sometimes we can’t see how much God has blessed us. No doubt we live in an ungrateful and unthankful society; but as people who have been given the gift of eternal live in heaven, we should never give in to ingratitude. Psalm 103 is a wonderful passage that reminds us to “give thanks” to the Lord because of who He is.

**Body:**

1. **Give Thanks for God Himself** Psalm 103:1 “Bless the Lord, O my soul; And all that is within me, bless His holy name!” NKJV

* “Bless the Lord” – Express solemn words of appreciation, gratitude, and respect. We think about His marvelous virtues and respond to them with praise. (Psalm 100:1-5) “A Psalm of Thanksgiving Make a joyful shout to the Lord, all you lands! Serve the Lord with gladness; Come before His presence with singing. Know that the Lord, He is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture. Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him, and bless His name. For the Lord is good; His mercy is everlasting, And His truth endures to all generations.” NKJV Jehovah is the source of our joy. (Psalm 16:11) “You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore.” NKJV He is the source of all our blessings. (James 1:17) “Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning.” NKJV
* But praise requires preparation. He is worthy of our service. Note the psalmist says “and all that is within me.” This requires humility, faithfulness, and action on our part. See Deuteronomy 28:47. “Because you did not serve the Lord your God with joy and gladness of heart, for the abundance of everything.” NKJV Our praise and service are to be done with gladness. Note these words in Jeremiah 33:11. “the voice of joy and the voice of gladness, the voice of the bridegroom and the voice of the bride, the voice of those who will say: ‘Praise the Lord of hosts, For the Lord id good, For His mercy endures forever’ ” – NKJV

1. **Give Thanks for His Benefits** Psalm 103:2 “Bless the Lord, O my soul, And forget not all His benefits;” NKJV

* All too often we do forget. We forget to thank Him for the amount of health we do have, the soundness of our mind, our sight, our hearing, and a host of other mercies.
* We need to make sure there is not a deeper, uglier cause of our unthankfulness. (Deuteronomy 8:1-2, 10, 11-12, 17) “Every commandment which I command you today you must be careful to observe, that you may live and multiply, and go in and possess the land of which the Lord swore to your fathers. And you shall remember that the Lord your God led you all the way these forty years in the wilderness, to humble you and test you, to know what was in your heart, whether you would keep His commandments or not. 10 When you have eaten and are full, then you shall bless the Lord your God for the good land which He has given you. 11 Beware that you do not forget the Lord your God by not keeping His commandments, His judgments, and His statutes which I command you today, lest – when you have eaten and are full, and have built beautiful houses and dwell in them; 17 then you say in your heart, ‘My power and the might of my hand have gained me this wealth’ ” NKJV

1. **Give Thanks for God’s Forgiveness** Psalm 103:3 “Who forgives all your iniquities, Who heals all your diseases,” NKJV

* Iniquities are failures to conform to the standards of God through our thoughts, words, or deeds. Our sins will ultimately end in spiritual death, an eternal separation from God. (Isaiah 59:1-2) “Behold, the Lord’s hand is not shortened, That it cannot save; Nor His ear heavy, That it cannot hear. But your iniquities have separated you from your God; And your sins have hidden His face from You, So that He will not hear.” NKJV
* Gratitude should be expressed everyday for God’s forgiveness. (Psalm 103:10-12) “He has not dealt with us according to our sins, Nor punished us according to our iniquities. For as the heavens are high above the earth, So great is His mercy toward those who fear Him; As far as the east is from the west, So far has He removed our transgressions from us.” NKJV Forgiven sins will never be mentioned by God.
* Forgiveness, though, requires repentance. (Luke 24:47) “and that repentance and remission of sins should be preached in His name to all nations, beginning at Jerusalem.” NKJV (II Corinthians 7:9-11) “Now I rejoice, not that you were made sorry, but that your sorrow led to repentance. For you were made sorry in a godly manner, that you might suffer loss from us in nothing. For godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death. For observe this very thing, that you sorrowed in a godly manner: What diligence it produced in you, what clearing of yourselves, what indignation, what fear, what vehement desire, what zeal, what vindication! In all things you proved yourselves to be clear in this matter.” NKJV

1. **Give Thanks for God’s Redemption, Mercy , and Compassion** Psalm 103:4 “Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies,” NKJV

* God redeems us – rescues us. (Psalm 49:15) “But God will redeem my soul from the power of the grave, For He shall receive me.” NKJV God delivers us from what we deserve.
* Christ redeemed us by shedding His blood on the cross. (Ephesians 1:7) “In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace” NKJV (Hebrews 9:12) “Not with the blood of goats and calves, but with His own blood He entered the Most Holy Place once for all, having obtained eternal redemption.” NKJV
* God shows mercy and compassion to those who don’t deserve it. (Psalm 103:8-10) “The Lord is merciful and gracious, Slow to anger, and abounding in mercy. He will not always strive with us, Nor will He keep His anger forever. He has not dealt with us according to our sins, Nor punished us according to our iniquities.” NKJV He tempers His anger. (Romans 2:4) “Or do you despise the riches of His goodness, forbearance, and longsuffering, not knowing that the goodness of God leads you to repentance?” NKJV How grateful we should be!

1. **Give Thanks for God’s Satisfaction** Psalm 103:5 “Who satisfies your mouth with good things, So that your youth is renewed like the eagle’s.” NKJV

* The Lord satisfies us with good things as long as we live. (Psalm 31:19) “Oh, how great is Your goodness, Which You have laid up for those who fear You, Which You have prepared for those who trust in You In the presence of the sons of men!” NKJV
* He renews us and gives us strength to endure. (Isaiah 40:29-31) “He gives power to the weak, And to those who have no might He increases strength. Even the youths shall faint and be weary, And the young men shall utterly fall, But those who wait on the Lord Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.” NKJV He understands our weaknesses. (Psalm 103:13-16) “As a father pities his children, So the Lord pities those who fear Him. For He knows our frame; He remembers that we are dust. As for man, his days are like grass; As a flower of the field, so he flourishes. For the wind passes over it, and it is gone, And its place remembers it no more.” NKJV
* When God puts grey in your hair, it’s His way of saying, “You won’t be here forever.”

**Conclusion:**

God truly is good to us. It is right that we give thanks for all He has done for us and continues to do for us. Read Psalm 92:1-2. “It is good to give thanks to the Lord, And to sing praises to Your name, O Most High; To declare Your lovingkindness in the morning, And Your faithfulness every night,” NKJV

Bobby Stafford November 19, 2017