

The Expression of a Grateful Heart

November 26th & 27th, 2016

Psalm 103:1-19

In the Scriptures, we are continually commanded to express our gratitude to God.

- ❖ Being thankful is an attitude that results from knowing an infinite, powerful, loving and compassionate God who is involved in our lives continually.
- ❖ As we look at Psalm 103 and the commandments that are in it, we see that the writer is referring to the benefits of a God who cares and a God who is involved in the deepest human needs.

Our response to God's goodness is simply to worship Him.

- ❖ We worship God for His benefits.

Psalm 103:2 "Bless the Lord, O my soul, and forget not all His benefits."

- If we are going to worship God for His benefits, our personal experience is challenged.

Psalm 103 records a list of blessings that are associated directly to God.

...*He forgives all your iniquity.* (verse 3)

...*He heals all your diseases.* (verse 3)

...*He redeems your life from the pit.* (verse 4)

...*He crowns you with steadfast love and mercy.* (verse 4)

...*He satisfies you with good so that your youth is renewed like the eagle's.* (verse 5)

- ❖ We worship God for His character.

- As we worship the Giver of the blessings, our faith is challenged.

Psalm 103:6 "The LORD works righteousness and justice for all who are oppressed."

- God is our deliverer.

Psalm 103:7 "He made known His ways to Moses, His acts to the people of Israel."

- God is our Covenant maker ... He is accessible, perceptible, relational.

Psalm 103:8 "The LORD is merciful and gracious, slow to anger and abounding in steadfast love."

- God is loving.

Psalm 103:9-11 "He will not always chide, nor will He keep His anger forever. He does not deal with us according to our sins, nor repay us according to our iniquities. For as high as the heavens are above the earth, so great is His steadfast love toward those who fear Him;"

- God is merciful.

Psalm 103:12 "as far as the east is from the west, so far does He remove our transgressions from us."

- God is forgiving.

Psalm 103:13-16 "As a father shows compassion to his children, so the LORD shows compassion to those who fear Him. For He knows our frame; He remembers that we are dust. As for man, his days

are like grass; he flourishes like a flower of the field; for the wind passes over it, and it is gone, and its place knows it no more.”

- God is compassionate.

Psalm 103:17-19 “But the steadfast love of the LORD is from everlasting to everlasting on those who fear Him, and His righteousness to children's children, to those who keep His covenant and remember to do His commandments. The LORD has established His throne in the heavens, and His kingdom rules over all.”

- God is faithful.

Psalm 40:5

*“You have multiplied, O LORD my God, Your wondrous deeds
and Your thoughts toward us; none can compare with You!
I will proclaim and tell of them, yet they are more
than can be told.”*

Endnote:

- ◆ Scripture quotations are from The Holy Bible, English Standard Version®, copyright © 2001 by Crossway Bibles, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.