

## INTRODUCTION.

- A. Scripture text: **Psalms 103:1-5.**
- B. From Roy H. Enoch (2-20-94).
- C. "Bless the Lord," actually means to worship and praise.
  - 1. The word is used here means to thank, praise, or express gratitude.
  - 2. He lists the benefits received from the Lord that prompted his blessing and praise.
  - 3. We must spend more time reflecting on the Lord's blessings so we might bless rather than complain.
- D. Lawrence Smith used an analogy of the heart being a garden to show our need to bless God.
  - 1. As we look at the garden of our heart, some flowers do not blossom as richly as others.
  - 2. One flower that has difficulty is gratitude.
  - 3. David gives us some directions to help us care for this flower that it may flourish.

## I. WE CHOOSE TO BE GRATEFUL OR UNGRATEFUL.

- A. We can cultivate the noxious weeds of hatred, malice, or ingratitude if we wish to do that.
- B. Or, we can cultivate the spirit of thanksgiving and gratefulness: it's our decision.
- C. It is a mark of Xian character to be truly grateful:
  - 1. It is not enough just to say "Thank You."
  - 2. True gratitude must come sincerely from the heart.
- D. David tells us how to be grateful from the heart: He says, "Forget not all of His benefits."
  - 1. A man whose knees were crippled with arthritis, said that he had never thought of thanking God for two good legs.
  - 2. We are often thankless because we are thoughtless, we take our blessings for granted.
- E. David seems to say, "Think, and you will thank. "

## II. SOME THINGS THAT WE ARE NOT TO THINK ABOUT TO BE THANKFUL.

- A. Thinking about **our enemies does not make us thankful.**
  - 1. Remembering mistreatment doesn't make us happy.
  - 2. Thinking about grouchy people doesn't make us thankful.
  - 3. Thinking about petty slights doesn't help.
- B. Thinking about **what other people have doesn't make us thankful.**
  - 1. When we think about others having more than we do, we may become resentful.
  - 2. It can lead to complaining rather than thanksgiving.
  - 3. We may be like the dog that found a large piece of meat.

*He ran away with it and crossed a creek on a log. As he looked into the water he saw his own reflection. He was greedy and wanted the meat that dog had too. He opened his mouth to growl at that dog to scare it away from his meat. He robbed himself of what he had.*
- C. Thinking about **what we do not have, or on what we have lost does not make us thankful.**
  - 1. Some seem to always focus on what they do not have.
  - 2. It is like the story of the "House With The Golden Windows."

*A little boy lived in a cottage on the mountain side. On the other side of the valley was another house. He wished he could live in that house, because it had golden windows. He resolved that when he was old enough he would go and see it. Finally he went one day and was disappointed. It was not as nice as his own house and it did not have golden windows. He asked the little girl in the yard where the house with the golden windows was. "Over there." It was his own home, the setting sun was turning the windows to gold.*
  - 3. You and I live in a house with golden windows if we only have the eyes to see.

4. Our windows are turned to gold by the Son of Righteousness who has risen upon us with healing in His wings.

### III. SOME OF THE BENEFITS OF GOD THAT DAVID REMEMBERS.

- A. First, we notice that he does not mention things that he referred to in some psalms: the day by day blessings.
  1. The splendor of the sunrise.
  2. The changing of the seasons.  
(A man said, "I like all the seasons. In summer, I like winter, and in the winter I like summer.")
  3. The bloom of the flowers.
  4. The song of the birds.
  5. The handclasps of friends.
  6. The tender love of the home circle.
- B. But here are some of the things that he does name:
  1. That God revealed Himself to man (Psa. 103:6-7).  
David knew God before God sent X to show us the Father.
  2. That God is love.
  3. That God is our Father (Psa. 103:13).  
"As a father pities his children, so the Lord pities those who fear Him."
  4. That God is forgiving. He forgets our sins.
    - a. "Who forgives all your iniquities..." (Psa. 103:3).
    - b. "The Lord is... abounding in mercy" (Psa. 103:8-12).
    - c. "As far as the east is from the west, so far has He removed our transgressions from us" (Psa. 103:12).
    - d. Jeremiah says that He remembers our sins no more. 'I
  5. That God gives the secret of unfailing youth:
    - a. "...your youth is renewed like the eagle's" (Psa. 103:5b).
    - b. In all ages, men have not wanted to grow old. Some grow old faster by trying to fight off old age. We cannot always be young physically, only mentally.
    - c. Our physical house will fall in ruins (2Cor. 5:1).
    - d. Winter may come to our bodies, but we can have spring in our hearts.
  6. That God satisfies all of our needs.
    - a. The world is restless and weary: filled with broken hearts and hopes.
    - b. David had learned that it was the lord "who satisfies..." (Psa. 103:5a).
    - c. I have read that on the west coast of England is a tomb with the inscription: "Here lies a man who was satisfied with Jesus."

### IV. IT IS NOT ENOUGH TO BE GRATEFUL: WE MUST EXPRESS IT.

- A. To express gratitude is good **for the one who is grateful.**
  1. Like a sunflower that turns toward the sun, we need to turn toward those who bless us and thank them.
  2. Like Elisha's cruse of oil, gratitude does not waste away, it is to be inexhaustible.
- B. To express gratitude is **good to those to whom we are grateful.**
  1. There is a place for rebuke and reproof.
  2. But Paul shows that the expression of gratitude should be much more frequent.
  3. Many times people help others with the desire of no more reward than gratitude.
- C. To express gratitude **pleases the Lord.**
  1. God expected gratitude from Israel (Isa. 1:2-3).

2. Remember Jesus' healing the ten lepers and only one returned to give thanks? (Lk. 17:17-18).
3. Allow the peace of Christ to make you grateful (Col. 3:15).
4. Jesus gave thanks for meals, and for the bread and fruit of the vine (Lk. 22: 14-20).
5. "Let the Redeemed of the Lord say so" (Psa. 107:2).

#### **CONCLUSION AND INVITATION.**

- A. We have many things to be thankful for.
  1. This country has been known for its freedom of religion.
  2. We should be thankful for the fellowship of this church.
  3. We should be thankful for leadership and follow-ship.
  4. For those who are always here and ready to work rather than to watch.
  5. Most of all to:
    - a. God for His plan of Redemption.
    - b. The Son who purchased it with His blood.
    - c. The Spirit who revealed how we can have its blessings (Psa. 103:2-5, 19-22).
- B. If you came to this assemble of worship today as a sinner, or as unfaithful member of the Lord's church, aren't you glad that you can leave without your sins?
- C. Plan of salvation for non-Xians, erring Xians.