

## COUNT YOUR BLESSINGS!

### Psalm 103:1-5

Int: How can a man bless God? The Psalmist answered the question. “Forget not all his benefits.” God blesses men with gifts; men bless God with gratitude. Thanksgiving should be whole-hearted and specific. This Thanksgiving join good king David in thanking God for

**FORGIVENESS** He “forgives all your iniquity” (103:3a)

Dirty, black sin stained David’s past. He must have died a little inside every time he thought of “Bathsheba-gate.” He could not undo it. But when he called on God, God forgave him. No wonder the king sang a song of thanks!

Remember how you begged God to forgive you! And how fast he answered!

When you count your blessings, put first on the list God’s forgiveness!

**HEALING** He “heals all your diseases” (103:3b)

Wherever there was healing, God did it. David thanked him for it.

I do not believe in faith healers or faith healing. I do, however, believe in divine healing. There is no other kind! All healing is God’s work.

When you count your blessings, thank God for his healing touch!

**PROTECTION** He “redeems your life from the pit” (103:4a)

The “pit” was the grave. To “redeem” his life meant not bringing David back from the pit but keeping him from it. He praised the Lord for saving him from premature death. From the jaw of the lion and the paw of the beast, from the sword of Goliath and the javelin of Saul, from the armies of Absalom and the forces of the Philistines. Over and again God preserved David’s life. For this he sang a song of thanks to the Lord.

Every man alive is a child of providence. From your earliest days God has protected you or you would not have survived to be here today!

When you count your blessings, thank God for keeping you safe!

**LOVE** He “crowns you with steadfast love and mercy” (103:4b)

“Crown” mean “to circle, to surround, or to hem in.” David blessed God with praise for his all-encompassing love.

You live “within the circle of his love,” hemmed in on every side by his love and compassion.

When you count your blessings, thank God for loving-kindness and mercy.

**SATISFACTION** He “satisfies you with good” (103:5a)

God filled David’s deepest longings not with stuff but with himself.

There is a God-shaped vacuum in every man. Only God can fill it.

When you count your blessings, thank God that he satisfies.

**STRENGTH** “Your youth is renewed like the eagle” (103:5b)

When vigor faded, God gave David new vitality to go on going on!

Remember the times you thought you could not go one step further and were just about to go under but God gave you a new lease on life.

When you count your blessing, thank God for new strength when needed.

Con: David’s list is suggestive, not exhaustive. Add to it as appropriate!!!