

FORGETTING TO BE THANKFUL—PSALM 103:1–13
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We will celebrate Thanksgiving in America this coming Thursday, but how many people will truly remember to be thankful to God. Turkey, family and Black Friday will cause many to forget what Thanksgiving is all about. Yet thankful-ness is the pulse of the Christian life—a sign of spiritual health. Psalm 103 is totally an expression of praise and thankfulness moving from personal praise (1–5) to grace and mercy abounding and closing with a doxology of praise (19–22).

I. The Reason for Thanksgiving (103:1–5)

A. He forgives all our iniquities (3)

B. He heals all our diseases (3)

C. He redeems our lives from destruction (4)

D. He crowns us with loving kindness and tender mercies (4)

E. He satisfies our mouths with good things (5)

II. The Recipient of Our Thanksgiving (103:6–11)