

# Song of Thanksgiving

## Psalm 103:1–22

### A. Introduction

1. It is easy to forget what God does, remembering troubles but forgetting blessings.
2. Psalm 103 is a psalm of David, likely written when he was older.
3. It has long been a favourite psalm of thanksgiving—a call to heartfelt gratitude.
4. This psalm moves the reader to both remember and rejoice.

### B. David's Great Song of Thanksgiving

1. Psalm 103 begins with David talking to himself—not complaining, but commanding.
2. David is stirring up his heart to remember and to be thankful.
3. Thankfulness is a **choice of the heart**, not a reaction to circumstance.
4. It begins not with how we feel, but with what we choose to remember.
5. True thankfulness flows from remembering **who God is** and **what He has done**.
6. David reminds himself of God's benefits—His daily blessings and mercies.
7. We cultivate a thankful heart by rehearsing God's goodness every day.

### C. David Stirs Up His Soul to Praise God (v. 1)

1. David begins with self-communion—speaking truth to his own heart.
2. He is troubled by his lack of thankfulness:
3. “What is wrong with me? Why am I so slow to be grateful?” Possible reasons:
4. He may have faced trials or loss, betrayal, or his worship may have become routine.
5. David resolves: “*Forget not all His benefits.*” Gratitude grows out of remembrance.
6. When life feels heavy, we can pray, “Lord, help me remember what You've done.”
7. Thankfulness is not ignoring hardship, it's reframing life in light of God's goodness.

### D. Reasons for Thankfulness (vv. 3–5)

1. David reminds himself to “forget not all His benefits” including:
2. Forgiveness, Healing, Redemption, Love, Mercy, & Satisfaction.
3. True gratitude springs from remembering what God has done personally.
4. Scripture reminds us:
  - a. “*It is good to praise the Lord...*” (Psalm 92:1)
  - b. “*Give thanks in all circumstances...*” (1 Thess. 5:18)
5. A. W. Tozer wrote, “*Thanksgiving has great curative power.*”
6. A thankful heart brings: peace, a positive perspective, & contentment.

### E. Thankful for the Essentials of Life

1. “*If we have food and clothing, we will be content with that.*” (1 Tim. 6:8)
2. Food should make us thankful—many go to bed hungry each night.
3. Clothing should make us thankful—many are cold and unprotected.
4. Let's focus on what we **have**, not on what we **lack**, and give thanks.

#### F. Thankful for Everything in Life (1 Thess. 5:18)

1. *"All things work together for good..."* (Rom. 8:28)
2. God is sovereign; our Father holds the whole world in His hands.
3. Be thankful that there is purpose in our difficulties. (Rom. 5:3).
4. Problems are tools God uses to make us more like Jesus.
5. Be thankful for the trouble we never face—God spares us many unseen hardships.
6. *"The steadfast love of the Lord is from everlasting to everlasting."*
7. Our thankfulness is secure because God's faithfulness never fades.

#### G. Thankful for the Character of the Lord

1. *"The Lord is merciful and gracious, slow to anger, abounding in steadfast love."*
2. God's grace should make us thankful:
  - a. We are sinners, undeserving of salvation (Rom. 3:10–23).
  - b. We deserve death, yet He offers eternal life (Rom. 6:23; Eph. 2:8–9).
3. We now have assurance of eternal life (1 John 5:12–13).
4. God's character revealed in Psalm 103: Righteous, Just, Gracious, Compassionate, Patient, Forgiving, Tender & Understanding.
5. Gratitude deepens as we remember **who God is**, not just **what He gives**.

#### H. Living a Life of Thankfulness

1. The psalm ends where it began—with worship.
2. David isn't just counting blessings; he's naming them.
3. David begins to name specific blessings: forgiveness, healing, redemption.
4. When we start naming our blessings, gratitude begins to overflow.
5. David calls on angels, heavenly hosts, and all creation to praise the Lord.
6. *"Praise the Lord, all His works, in all places of His dominion."*
7. The refrain repeats: *"Praise the Lord, O my soul."*
8. True thankfulness doesn't stop at remembering—it leads to worship.
9. We praise the Lord not because He needs it, but because **we do**.
10. Praise refocuses our hearts on the unchanging God.
11. David's song of thanksgiving ends with an invitation for all to join the praise.
12. Heaven will be filled with thankful worship (Rev. 7:11). Let's start rehearsing now.
13. A thankful heart makes earth a little more like heaven.

#### I. Conclusion

1. Psalm 103 is a powerful declaration emphasizing key themes such as Thanksgiving, Praise, Forgiveness, Healing, Care, Compassion, Love, Blessing, & Redemption.
2. Psalm 103 reminds us of God's unwavering love and the power of gratitude.
3. Thankfulness is not a feeling—it's a focus. Remembering leads to rejoicing.
4. Gratitude transforms how we see God, ourselves, and life's circumstances.
5. Gratitude is a spiritual discipline. Remember His mercy & respond in praise.
6. So today, do what David did: *Remember His benefits, and praise His holy name.*
7. *"Forget not all His benefits—who forgives, heals, redeems, crowns, and satisfies."*
8. Let your soul join David's song: **"Praise the Lord, O my soul!"**