### A GRATEFUL HEART!

### Psalm 103:1-22

INTRODUCTION: Thanksgiving is a national holiday here in the United States of America. It began in 1623 when Governor Bradford issued a proclamation establishing that there would be a day of Thanksgiving. That is how this nation started: Giving Thanksgiving to Almighty God! We have so much in this great land to give our God thanks for. Most of us have homes, warm beds, more than two sets of clothing, indoor plumbing, and are free to go wherever and with whomever we chose to. Many of us have received Jesus Christ as our personal Lord and Savior and know we have not only a good life now but we have eternal life as well. Having a grateful heart requires that we remember certain things.

# I. REMEMBER THE GOD WE SERVE!

Psalm 103:1-2: We begin with remembering the greatness and holiness of our God! Before we rejoice in what God has given us we must rejoice in Who He is! God Himself is the foundation for all praise and thanksgiving. Have you given thanks to God that He chooses to love you in spite of yourself? Our gratitude, thanksgiving and worship will all be proportionate to our view of our God! We should praise our God for every good thing we have in this life because it all comes from Him. James 1:17; 1 Corinthians 4:7.

### II. REMEMBER THE FORGIVENESS HE SUPPLIES AND THE HEALTH HE GIVES US!

It is from our God that we receive forgiveness: Psalm 103:3. Gratitude and the joy of forgiveness resonate only in the hearts of those who are aware of the depravity and sinfulness that exists in their own hearts. 1 Corinthians 2:14. Our God has swept our sins away and He wants us to sing for joy! Isaiah 44:22-23. The forgiveness that is ours in Christ Jesus is a complete forgiveness! The forgiveness that is ours in Jesus Christ is a permanent forgiveness: Psalm 103:12. We are thankful for our forgiveness and for our healing: Psalm 103:3; 2 Corinthians 5:1-10. The healing we see in this Psalm is speaking not only of the body but also of the soul.

# III. OUR GOD PROVIDES REDEMPTION!

Psalm 103:4: Our God has recued us. He has snatched us from the jaws of death and the Lake of Fire. Ephesians 1:7-8; Ephesians 2:1-10. We are weak and frail and cannot save ourselves: Psalm 103:14-16. Those without Jesus Christ as their personal Lord and Savior are just one breath away from hell: 2 Peter 3:9. Praise the Lord our God is patient but one day the day of grace will be over and the door of grace shut forever: Psalm 103:8-10. We need to praise our God that the day of grace is not over yet.

# IV. OUR GOD PROVIDES BLESSINGS OF GRACE AND MERCY!

We need to be grateful that our God deals with us according to His mercy and not according to our merit. Psalm 103:10-11; Romans 6:23. We need to be grateful that we have not received what we deserve; we will get by God's grace what only Jesus Christ deserves: Titus 3:5-7; Romans 5:8.