

Grateful Hearts: Living in the Overflow (2)

Gratitude for God's Goodness

Psalm 103:1–5

Introduction: We often forget our blessings and dwell on what's wrong. Psalm 103 is David's remedy—he speaks to his soul, reminding himself to “*Bless the Lord*” and “*forget not all His benefits.*” When we reflect on God's goodness, gratitude naturally grows.

I. Gratitude for God (Psalm 103:1–2)

A. The command to David -David begins with a command to his soul:

“*Bless the Lord, O my soul*”

1. To “bless the Lord” means to praise and delight in who God is.
2. This repeated again and again in Psalm 103:2, 22 and Psalm 104:1, 35
3. True praise comes from a grateful heart focused on God's character

B. The character of God (vv. 6–8, 17–19):

1. Righteous and just
2. Merciful and gracious
3. Loving, eternal, faithful
4. Sovereign

Just as a child expressing love and thanks without asking for anything blesses a parent's heart—So, we bless God's heart when we simply praise God for who He is.

II. Gratitude for God's forgiveness (Psalm 103:3a)

A. “[He] forgives all your iniquities” – our greatest need

1. Every sin—past, present, future—is fully forgiven
2. Psalm 103:10 – “He has not dealt with us according to our sins”
3. 1 John 1:9; Ephesians 1:7 – Our sins are cleansed in Christ

B. Without forgiveness, no other blessing matters

- Hebrews 2:3 – “So great a salvation”

John MacArthur: “This is where our thanks begins: I'm forgiven...”

Adrian Rogers: Jesus bore our judgment at the cross

New believer: “He shall never hear the end of it!”

III. Gratitude for God's healing (Psalm 103:3b)

A. “He heals all your diseases” – physical and spiritual

Every bit of healing—body or soul—is a gift from God

B. Two Dimensions of Healing:

1. **Physical:** God sustains our health and restores us (James Boice)
2. **Spiritual:** God heals sin's effects—pride, anger, despair (Psalm 147:3)

C. Ultimate Healing:

- Revelation 21:4 – No more death, crying, or pain in eternity
- Romans 8:28 – God works for our good, even through affliction
- 2 Corinthians 12:9–10 – His grace is sufficient

Luke 17 – Recall the ten lepers healed. Only one leper returned to thank Jesus

IV. Gratitude for God's many blessings (Psalm 103:4–5)

The blessings and benefit package of belonging to God

1. **Redemption from the pit (v.4):**

- God rescued us from sin and death (Psalm 49:15)

2. **Crowned with Love and Mercy (v.4):**

- Adopted into His family and covered in steadfast love (Lam. 3:22–23)

3. **Satisfied with Good Things (v.5):**

- Daily provision and joy in the Lord (James 1:17; Matthew 5:6; Psalm 23:1)

4. **Renewed Like the Eagle (v.5):**

- Spiritual strength and restored hope (Isaiah 40:31)

Example: Howard Hughes vs. David – joy comes from remembering, not acquiring

A gratitude journal – can transform our perspective

Practical steps to take:

- Make a gratitude list this week—name at least ten “benefits”
- Share your list with a friend or family member
- Keep a gratitude journal—daily record of God's gifts
- Trust God's goodness, even for the “fleas” (Corrie ten Boom illustration)
- 1 Thessalonians 5:18 – “Give thanks in all circumstances”

Conclusion: Gratitude is the gateway to joy. Preach Psalm 103 to yourself daily. Bless the Lord with your soul, and never forget His goodness!