

Grateful Hearts, Open Hands (1)

Remember His Benefits

Psalm 103

Introduction: Today we begin a brand-new November series that I am calling: Grateful Hearts, Open Hands. As we move toward Thanksgiving, we're going to talk about what gratitude looks like in the life of a follower of Jesus. And I want us to understand from the beginning that biblical thanksgiving is about a lot more than one Thursday in November. But biblical gratitude is not a holiday. It is a heart condition. Today we will see how gratitude fuels our worship and relationships. Let's walk through this Psalm together.

I. **The resolve to remember:** (vv. 1–2)

- A. A personal command — “*Bless the LORD, O my soul*” (v. 1)
Gratitude doesn't always begin with a feeling – it begins with a decision. David is preaching to himself.
- B. The consecration is complete — “*And all that is within me*” (v. 1)
David summons his whole person – everything within me.
- C. A conscious commitment — “*And forget not all His benefits*” (v. 2)
Forgetfulness breeds fear – remembering feeds gratitude.

II. **Rehearse God's faithfulness** (v. 2)

- A. Recall His past mercies

Max Lucado: “*To reflect on your blessings is to rehearse God's accomplishments.*”

- B. Remember His sustaining grace – *Don't let today's concerns crowd out yesterday's mercies.*
- C. Record his care - *As you remember each one, turn that memory into thanksgiving*

III. **The reasons to rejoice** (Psalm 103:3–5)

Pay attention to the action words David uses...

- A. He removes our guilt (v. 3; Romans 3:23) *David outs forgiveness first because it is our greatest need.*
- B. He restores our health (v. 3) *The point is to recognize God as the source of healing, not to prescribe a timetable He has not promised. We look forward to a day of complete wholeness (Rev. 21:4)*

- C. He rescues our life (v. 4; 1 Pe 1) *The idea is rescued from the pit.*

- D. He richly crowns us with mercy (v. 4) “*There were seasons in life I would never choose to repeat.*” *But I can also look back and see His mercy and loving kindness there.*

- E. He renews our strength (v. 5; 2 Cor 4:16) *He satisfies and renews.*

IV. **The riches of His mercy** (Psalm 103:6–18)

David moves from benefits to the benefactor...

- A. His mercy reveals his righteousness (vv. 6–8; Ex 34) *God cares about those who suffer wrong.*
- B. His mercy restrains his anger (vv. 9–10) *God has not treated us as our sin deserves.*
- C. His mercy removes our transgressions (vv. 11–12)
- D. His mercy recognizes our frailty (vv. 13–14) *He knows our frame*
- E. His mercy remains through generations (vv. 15–18) *We are temporary. His mercy is not*

V. **The response of worship** (Psalm 103:19–22)

- A. Rest in His sovereignty (v. 19) *His Kingdom rule*
- B. Respond with His servants (vv. 20–21) *These servants do God's Word and fulfill His pleasure.*
- C. Resound with His creation (v. 22) *God's glory extends beyond this room and His dominion reaches everywhere.*
- D. Return to your own soul (v. 22) *Our prayer needs to be, “Lord begin with me!”*

Conclusion: Now it's your turn. This week's response:

Name one specific mercy God has shown you. Thank Him for it and let that gratitude become an act of kindness toward someone else.

Grateful hearts and open hands are a display of “*Bless the LORD, O my soul!*” — Psalm 103:22