

Praise the LORD, O my soul; all my inmost being, praise his holy name. Praise the LORD, O my soul, and forget not all his benefits-- who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's. Psalm 103:1-5 (NIV)

Remember

This is more than a little troubling. This is where I dramatically fall short. Here I miss the mark by a wide margin. **How so?** I seldom take time to remember all that you have done for me. I don't often stop to consider how you have so richly blessed my life. **Why is that a problem?** I know that ungratefulness is a sin. I know that failing to give you thanks and praise is not pleasing to you. I suspect that being ungrateful and unthankful is rooted in pride. **How so?** If I think that I have worked hard and earned something by my own efforts, why would I bother to give you thanks for receiving it? If I have come to expect good things to come to me because you owe me something, why would I bother to give thanks to you for what I deserved? If I am self-absorbed and in a flurry of self-centered activity, why would I ever find time to give you thanks and praise? None of these thoughts are true. **Why not?** Every good gift comes from you. I could start listing your good gifts to me and never stop. You have richly blessed my life. I have nothing that has not come from you. I am nothing that has not come from you. I will accomplish nothing that has not come from you. All that I am and all that I hope to be has come to me as a gift from you. **Like what?** For starters, you created me. You gave me life. You gave me a desire to love and follow and serve you. But, I screwed that up. I wandered away from you. I lived my life as if I didn't want or need you. I walked on a path that led away from you. I led a bruised and battered and broken life. But, you redeemed me. You forgave my sins and cleansed my unrighteousness. You healed my bruised and battered and broken life. You pulled me from out a pit. You set my feet on solid ground. You rescued me from a life without you. You showed me your compassion. You showered me with your love. You restored me into a new relationship with you. You renewed me. You refreshed me. You revived me. You set my life on a new course of loving, following and serving you. Now, there is no place I would rather be than in your presence. Now, there is nothing I would rather do than serve you. **That is very good.**

What else do you want to do? I want to make it my regular pattern to stop to remember all that you have done for me. I want to regularly give you all my thanks and praise for all that you have done, are doing and will do for me. **That will be very good.**

Heavenly Father, I will never forget all you have done for me. You have forgiven my sins and redeemed my life. You have renewed me and healed my diseases. You have crowned me with love and compassion. You have generously satisfied me with good things. Amen

Gratitude *Forget Not All His Benefits*

Praise the LORD, O my soul; all my inmost being, praise his holy name. Praise the LORD, O my soul, and forget not all his benefits— who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.

NIV Psalm 103:1-5

Gratitude *Forget Not All His Benefits*

Bless the LORD, O my soul, and all that is within me, bless his holy name! Bless the LORD, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle's.

ESV Psalm 103:1-5

Gratitude *Never Forget The Good Thing He Does For Me*

Let all that I am praise the LORD; with my whole heart, I will praise his holy name. Let all that I am praise the LORD; may I never forget the good things he does for me. He forgives all my sins and heals all my diseases. He redeems me from death and crowns me with love and tender mercies. He fills my life with good things. My youth is renewed like the eagle's!

NLT Psalm 103:1-5

Gratitude *Forget Not All His Benefits*

A Psalm of David. Bless the LORD, O my soul; And all that is within me, bless His holy name! Bless the LORD, O my soul, And forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, Who satisfies your mouth with good things, So that your youth is renewed like the eagle's.

NKJV Psalm 103:1-5

Gratitude *Do Not All His Benefits*

Bless the LORD, O my soul, and all that is within me, bless his holy name. Bless the LORD, O my soul, and do not forget all his benefits— who forgives all your iniquity, who heals all your diseases, who redeems your life from the Pit, who crowns you with steadfast love and mercy, who satisfies you with good as long as you live so that your youth is renewed like the eagle's.

NRSV Psalm 103:1-5

Gratitude *Don't Forget A Single Blessing*

A David psalm O my soul, bless GOD. From head to toe, I'll bless his holy name! O my soul, bless GOD, don't forget a single blessing! He forgives your sins—every one. He heals your diseases—every one. He redeems you from hell—saves your life! He crowns you with love and mercy—a paradise crown. He wraps you in goodness—beauty eternal. He renews your youth—you're always young in his presence.

MSG Psalm 103:1-5

Gratitude *Forget Not All His Benefits*

BLESS (AFFECTIONATELY, gratefully praise) the Lord, O my soul; and all that is [deepest] within me, bless His holy name! Bless (affectionately, gratefully praise) the Lord, O my soul, and forget not [one of] all His benefits— Who forgives [every one of] all your iniquities, Who heals [each one of] all your diseases, Who redeems your life from the pit and corruption, Who beautifies, dignifies, and crowns you with loving-kindness and tender mercy; Who satisfies your mouth [your necessity and desire at your personal age and situation] with good so that your youth, renewed, is like the eagle's [strong, overcoming, soaring]!

AMP Psalm 103:1-5

Gratitude *Not Forget The Glorious Things He Does For Me*

I bless the holy name of God with all my heart. Yes, I will bless the Lord and not forget the glorious things he does for me. He forgives all my sins. He heals me. He ransoms me from hell. He surrounds me with loving-kindness and tender mercies. He fills my life with good things! My youth is renewed like the eagle's!

TLB Psalm 103:1-5

Gratitude *Forget None Of His Benefits*

Bless the LORD, O my soul, And all that is within me, bless His holy name. Bless the LORD, O my soul, And forget none of His benefits; Who pardons all your iniquities, Who heals all your diseases; Who redeems your life from the pit, Who crowns you with lovingkindness and compassion; Who satisfies your years with good things, So that your youth is renewed like the eagle.

NASB Psalm 103:1-5

Gratitude *Do Not Forget All His Kindnesses*

Of David. My whole being, praise the LORD; all my being, praise his holy name. My whole being, praise the LORD and do not forget all his kindnesses. He forgives all my sins and heals all my diseases. He saves my life from the grave and loads me with love and mercy. He satisfies me with good things and makes me young again, like the eagle.

NCV Psalm 103:1-5

Forget No All His Benefits

Year _____ Week _____ Day _____ Date _____

Gratitude – Psalm 103:1-5

In Context: *Read Psalm 103*

Begin With Prayer:

Here I am Lord. I Am Listening.

Meditating On God's Word: ***(What is God speaking to your heart?)***

Praise the LORD, O my soul; all my inmost being, praise his holy name. Praise the LORD, O my soul, and forget not all his benefits-- who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's. Psalm 103:1-5 (NIV)

Considering The Words: ***(What words speak to your heart?)***

Praise the LORD, | O my soul; | all my | inmost being, | praise his | holy name. | Praise the LORD, | O my soul, | and | forget not | all | his benefits-- | who forgives | all your sins | and | heals all | your diseases, | who redeems | your life | from the pit | and | crowns you | with love | and | compassion, | who satisfies | your desires | with good things | so that | your youth | is renewed | like the eagle's. Psalm 103:1-5 (NIV)

Praying The Scripture: ***(What prayer from your heart will you write?)***

Heavenly Father, I will never forget all you have done for me. You have forgiven my sins and redeemed my life. You have renewed me and healed my diseases. You have crowned me with love and compassion. You have generously satisfied me with good things. Amen

What It Means: ***(What questions speak to your heart?)*** *(Suggested questions for small group discussion are in bold)*

When do you take time to remember all that your Heavenly Father has done for you?

What danger is there in failing to remember all that your Heavenly Father has done for you?

When have you found yourself harboring an attitude of ungratefulness?

Why do you have an abundance of things for which you can thank and praise your Heavenly Father?

How has your faith grown as you have given thanks and praise to your Heavenly Father?

What thanks and praise would you like to offer to your Heavenly Father right now?

How is having a thankful heart toward God making you able to live a life filled with joy?

Living It Out: ***(What action step is God guiding your heart to take?)***

Remember and give thanks and praise to your Heavenly Father for all that He has done for you.

Seeing It Happen: ***(What are you trusting God for in your heart?)***

Have faith that your Heavenly Father has given you much for which you can thank and praise Him.

Get Ready To Share: ***(What can you share with others from your heart?)***

Share with another person or your small group some of the Good things that Your Heavenly Father has done for you.

Close With Prayer:

Quiet Yourself Before The Lord

Pause And Offer Prayers Of...

With An Attitude Of Faith Listen To What The Lord Wants To Say To You

Adoration... _____

Thanksgiving... _____

Confession... _____

Intercession... _____

Petition... _____

Journal

As You Quiet Yourself Before The Lord

What Do You Want To Say To Me Lord?

What Prayers Are You Praying Today?

Prayer Of Blessing

(What Prayer Of Blessing Can You Pray For Another?)

My you remember and give thanks and praise to God for all that He has done for you.

Prayer To Carry

(What Prayer Would You Like To Carry Throughout Your Day?)

Heavenly Father, I will remember ad give thanks and praise to you for all that you have done for me.

What Do You Want To Remember About Today?

A Question To Ask God

(What Would You Like To Ask God?)

Heavenly, for what can I give thanks and praise to you for today?
