



# MESSAGE NOTES

## Thanksgiving and Praise

Psalm 103:1-5

James Brown

### 1. Wholehearted praise and thanksgiving

***Psalm 103:1 Bless the Lord, O my soul, and all that is within me, bless his holy name!***

To worship God with all that is within you means to give it all to Him. To give thanks and praise Him with all you that you have, in every area of your life and through all your circumstances. This is wholehearted thanksgiving.

### 2. Remembering God's goodness

***Psalm 103:2 Bless the Lord, O my soul, and forget not all his benefits.***

As we move through the various stages in life it's important to remember what God has done for us up until that point. Our faith is strengthened as we remember how God has been good to us in the past and become sure of His goodness towards us in the future.

### 3. Thanksgiving for spiritual blessings

***Psalm 103:3-4 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.***

God's forgiveness of our sins is the greatest spiritual blessing. All other blessings flow from this. Jesus is our greatest reason to be thankful.

***Psalm 103:5 Who satisfies you with good so that your youth is renewed like the eagle's.***

We most want to pray for our everyday needs but if we start off with praise and thanksgiving it keeps our hearts in the right place.