

BIBLE BAPTIST CHURCH OF ERIE
James M. Duncan, Pastor
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“FOREVER THANKFUL”

Psalm 103

As you read this wonderful psalm you will find that there are no requests in it, only **PRAISE** and **THANKSGIVING**. Now as we enter into this blessed Thanksgiving week, I pray that we will stop and ponder about being **THANKFUL**. Now there are several things we need to remember about **Thanksgiving**.

- 1. It is a DAY**
- 2. It is a DUTY**
- 3. It is a DELIGHT**

How do you know if you're thankful or not? Let me give you some help in examining your heart.

- ◆ Which do you tend to talk about more – your blessings, or your disappointments?
- ◆ Are you a complainer, always grumbling, always finding fault with your circumstances?
- ◆ Are you content with what you have, or always dissatisfied and wanting more?
- ◆ Do you find it easier to count your blessings, or is it easier to count your afflictions?
- ◆ Do you express thanks to others when they help you, or do you just take it as your due entitlement?
- ◆ Would others say that you are a thankful person?

Psalm 103 could be called the “**Thanksgiving Psalm**.”

1. THANKFUL FOR HIS PERSON V-1

Warren Wiersbe says; “To “bless the Lord” means to delight His heart by expressing love and gratitude for all He is and all He does. Parents are pleased when their children simply thank them and love them, without asking for anything. True praise comes from a grateful heart that sincerely wants to glorify and please the Lord.”

Here is the Psalmist and he is talking to himself. “Bless the Lord, O my soul, and all that is within me,” that is, from the crown of my head to the soul of my foot, physically, emotionally, spiritually, everything that is within me, “bless his holy name.”

I think sometimes it helps us to just go into the presence of the Lord and just be near the Lord, not to ask Him for anything but just to **Thank Him** and **Praise Him** for who He is.

II. THANKFUL FOR HIS PROVISION

Then he moves on in this great hymn of thanksgiving. He says that we are to be thankful not only for whom the Lord is, but what the Lord does. We are thankful for His provision. Look at what he says in **verse 2**.

At least **fourteen times in the book of Deuteronomy**, Moses admonished the people to remember the Lord and what He did for them, and **nine times he cautioned them not to forget**. (See **Deut. 32:18**.) It was when the third generation of Jews came on the scene and forgot the Lord that the nation began to decay (**Judges. 2:7-3:7**).

I think that we need get out some paper and pen and begin to write down the things you were thankful for. It's one of the most important lessons we could teach our children and grandchildren. Frankly I am appalled and dismayed by the lack of gratitude that I see in people in general and especially those that we have direct contact with and help. Very seldom do I hear an even casual **THANK YOU** from them.

You show me a church where there is gratitude, show me a group of people who are thankful, and I will show you a group of people who are happy. I will show you a group of people who will be faithful to serve the Lord and tell others about the Lord.

He lists just a few of the things to thank the Lord for. There are about four of them here (*see Psalms 103:3,4*), but you could thank the Lord for 4,000 of them. He talks here about some of the benefits of the Lord.

III. THANKFUL FOR HIS POWER

We are to thank the Lord for where He dwells, that is thank Him for His power in **verse 19**.

Sometimes when you are worried about world affairs, or worried about what is going on in this world of ours, turn to the book of the **Revelation, chapters 4 and 5**, and you will notice 17 times in those two chapters that in the midst of all the tribulation and in all of the problems that they were having in John's day, **17 times he says, “The throne. The throne. The throne.”** He is trying to say, “I don't care what is going on down here. **God is still on His throne. He rules in heaven.**”

That's something to thank God for.

He closes that Psalm just like he starts it. **V- 22 “Bless the Lord, O my soul.” He started that way, “Bless the Lord, O my soul.” He closes that way, “Bless the Lord, O my soul.”**