Psalm 103: Give Thanks

Prepared by Nathan L Morrison for Sunday November 19th, 2023

Text: Psalm 103:1-5 Scripture Reading: Philippians 4:11-12

### Intro

1. As Americans this week is an exciting one, a day set aside (holiday: “holy day”) to give thanks: Thanksgiving takes place the third Thursday of November, making this year’s Thanksgiving fall on this Thursday November 23rd.
   1. Turkeys will be eaten; one turkey will be granted a Presidential Pardon.
   2. Families will spend time together.
   3. Family traditions will be observed.
   4. Gratitude ought to fill each heart.
2. This time of year is also rife with great discontent, greed, and ingratitude. It is an easy trap to fall into and even some Christians are guilty of greed and/or envy this time of year.
   1. No doubt we live in an ungrateful and unthankful society; but as people who have been given the gift of eternal live in Heaven, we should never give in to ingratitude, a trait of the wicked (Romans 1:21; II Timothy 3:2).
   2. Calvin Wittman, a Baptist preacher, posted a Father’s Day story to his website that speaks of ingratitude…( <https://www.lifeway.com/en/articles/sermon-thanksgiving-living-attitude-gratitude-psalm-100>):
   3. “I am reminded of the wealthy Texan who was in the habit of giving his father unique gifts every Father’s Day. One year it was hang-gliding lessons. The year before it was the entire record collection of Slim Whitman’s Hits, autographed by the singer himself. But this past year he had outdone himself. He purchased a rare kind of South American bird, called The Translator. This bird could speak five languages and sing “Yellow Rose of Texas” in any key while standing on one foot. The talented bird cost $10,000, but he felt it was worth every penny. This would be the Father’s Day gift his dad would never forget.”
   4. “A week after Father’s Day he called his father; ‘Dad, how did you like the bird?’ His father responded, ‘It was delicious.’”
3. We have so much that sometimes we can’t see how much God has blessed us!
4. Paul said he had to learn to be content with what he had in different situations of life: “Not that I speak from want, for I have learned to be content in whatever circumstances I am. I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need” (Philippians 4:11-12).
   1. John the Immerser told Roman soldiers to “be content with your wages” (Luke 3:14).
   2. Paul once wrote to Timothy, “If we have food and covering, with these we shall be content” (I Timothy 6:8).
   3. The Hebrew writer said, “Make sure that your character is free from the love of money, being content with what you have; for He Himself has said, "I WILL NEVER DESERT YOU, NOR WILL I EVER FORSAKE YOU” (Hebrews 13:5).
5. Christians know that in Jesus we have been blessed with “everything pertaining to life and godliness” (II Peter 1:3) so we have every reason to be thankful for all things at all times!
6. A psalm that reminds us to give thanks and to praise God is Psalm 103:1-5…
   1. Psalm 103:1  **A Psalm of David.** Bless the LORD, O my soul, And all that is within me, bless His holy name.
   2. Psalm 103:2  Bless the LORD, O my soul, And forget none of His benefits;
   3. Psalm 103:3  Who pardons all your iniquities, Who heals all your diseases;
   4. Psalm 103:4  Who redeems your life from the pit, Who crowns you with lovingkindness and compassion;
   5. Psalm 103:5  Who satisfies your years with good things, So that your youth is renewed like the eagle.
7. Let the Psalmist remind us to “give thanks” to the Lord because of who He is!

#### **Give Thanks for God Himself (Psalm 103:1)**

* 1. **“Bless the Lord” (v. 1)**—“Bless the LORD, O my soul, And all that is within me, bless His holy name.”
     1. This expression, “Bless the Lord,” means to praise Him, to speak solemn words of appreciation, gratitude, and respect.
     2. We think about His marvelous virtues and respond to them with praise.
     3. Last time we looked at **Psalm 100**, “A Psalm of Thanksgiving” where the Psalmist says, “Shout joyfully to the LORD, all the earth!”
     4. YHWH is the source of our joy.
        1. **Psalm 16:11:** “You will make known to me the path of life; In Your presence is fullness of joy; In Your right hand there are pleasures forever.”
     5. God is the source of all our blessings
        1. **James 1:17:** “Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow.”
     6. **“…and all that is within me” (v. 1)**— Praise requires preparation. God is worthy of our service and praise.
        1. This requires humility, faithfulness, and action on our part.
        2. **Deuteronomy 28:47:** “Because you did not serve the LORD your God with joy and a glad heart, for the abundance of all things.”
        3. Our praise and service are to be done with gladness.
        4. **Jeremiah 33:11:** “The voice of joy and the voice of gladness, the voice of the bridegroom and the voice of the bride, the voice of those who say, ‘Give thanks to the LORD of hosts, For the LORD is good, For His lovingkindness is everlasting’”
  2. Let us have a heart of gratitude and thank God for all He has done for us!

#### **Give Thanks for His Benefits (Psalm 103:2)**

* 1. **“Give Thanks for His Benefits” (v. 2)**—“Bless the LORD, O my soul, And forget none of His benefits.”
     1. All too often we do forget.
     2. We forget to thank Him for the amount of health we do have, the soundness of our mind, our sight, our hearing, and a host of other blessings.
     3. **Luke 17:11-19:** The Ten Lepers Healed is an Illustration of Gratitude vs. Ingratitude.
        1. The disease of leprosy is a corrosive, repulsive disease and was incurable by man in the 1st century. Treatments are available now for Hansen’s Disease (Leprosy)
        2. Jewish lepers were not allowed to mix with non-lepers (Num. 5:2-4).
        3. These ten lepers stood afar off – secluded, outside the village.
        4. Lepers often went together as they were all treated as outsiders, and they had to shout, “Unclean, unclean!” whenever they came into contact with non-lepers.
        5. Ten of these lepers met Jesus and cried for mercy as Jesus was passing between Galilee and Samaria on His way to Jerusalem.
        6. Jesus had the power to heal them (Luke 5:15; 6:17-19: He healed all manner of diseases).
        7. These lepers were cleansed “as they went” to the priest (Lev. 14:1-8).
        8. This was a test of their faith (Luke 17:19) & one returned to give thanks.
        9. Nine showed ingratitude; One showed gratitude, and he was the foreigner, the Samaritan (Luke 17:15-18).
        10. Jesus asked, “Were there not ten cleansed? But the nine—where are they? Was no one found who returned to give glory to God, except this foreigner?” (Luke 17:17-18)
     4. We need to make sure there is not a deeper, uglier cause of our ingratitude.
  2. A thankful heart will keep us from becoming “ungrateful!”

#### **Give Thanks for God’s Forgiveness (Psalm 103:3)**

* 1. **“Give Thanks for God’s Forgiveness” (Psalm 103:3)**—“Who pardons all your iniquities, Who heals all your diseases.”
     1. Iniquities are failures to conform to the standards of God through our thoughts, words, or deeds.
     2. Our sins will ultimately end in spiritual death, an eternal separation from God.
        1. **II Thessalonians 1:7-9:** “and to give relief to you who are afflicted and to us as well when the Lord Jesus will be revealed from heaven with His mighty angels in flaming fire, dealing out retribution to those who do not know God and to those who do not obey the gospel of our Lord Jesus. These will pay the penalty of eternal destruction, away from the presence of the Lord and from the glory of His power.”
     3. Gratitude should be expressed everyday for God’s forgiveness. Forgiven sins will never be mentioned by God.
        1. **Psalm 103:12:** “As far as the east is from the west, So far has He removed our transgressions from us.”
        2. **Hebrews 8:12:** “FOR I WILL BE MERCIFUL TO THEIR INIQUITIES, AND I WILL REMEMBER THEIR SINS NO MORE.”
        3. **Hebrews 10:17:** “AND THEIR SINS AND THEIR LAWLESS DEEDS I WILL REMEMBER NO MORE.”
     4. Forgiveness requires repentance:
        1. **Luke 24:47:** “and that repentance for forgiveness of sins would be proclaimed in His name to all the nations, beginning from Jerusalem.”
     5. Jesus healed the ten lepers and while on earth He healed “all manner of diseases” (Luke 5:15; 6:17-19).
     6. He has the power to heal still today and we are to pray for one another (James 5:14-16). He uses natural means and competent doctors and modern medicine and sometimes acts in a way that confounds the doctors!
  2. Forgiveness of sins and the hope of eternal life in Heaven is great cause of thanksgiving!

#### **Give Thanks for God’s Redemption, Mercy, and Compassion (Psalm 103:4)**

* 1. **“Give Thanks for God’s Redemption, Mercy, and Compassion” (v. 4)**—“Who redeems your life from the pit, Who crowns you with lovingkindness and compassion.”
     1. God redeems us – rescues us.
        1. **Psalm 49:15:** “But God will redeem my soul from the power of Sheol, For He will receive me. Selah.”
        2. God delivers us from what we deserve.
     2. Christ redeemed us by shedding His blood on the cross.
        1. **Ephesians 1:7:** “In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace.”
        2. **Hebrews 9:12:** “and not through the blood of goats and calves, but through His own blood, He entered the holy place once for all, having obtained eternal redemption.”
     3. God shows mercy and compassion to those who don’t deserve it.
        1. **Psalm 103:8-10:** “The LORD is compassionate and gracious, Slow to anger and abounding in lovingkindness. He will not always strive with us, Nor will He keep His anger forever. He has not dealt with us according to our sins, Nor rewarded us according to our iniquities.”
     4. He tempers His anger.
        1. **Romans 2:4:** “Or do you think lightly of the riches of His kindness and tolerance and patience, not knowing that the kindness of God leads you to repentance?”
        2. How grateful we should be!
  2. Above all the people on the earth Christians should give thanks to God for His mercies!

#### **Give Thanks for God’s Satisfaction (Psalm 103:5)**

* 1. **“Give Thanks for God’s Satisfaction” (v. 5)**—“Who satisfies your years with good things, So that your youth is renewed like the eagle.”
     1. The Lord satisfies us with good things as long as we live.
        1. **Psalm 31:19:** “How great is Your goodness, Which You have stored up for those who fear You, Which You have wrought for those who take refuge in You, Before the sons of men!”
     2. He renews us and gives us strength to endure.
        1. **Isaiah 40:29-31:** “He gives strength to the weary, And to him who lacks might He increases power. Though youths grow weary and tired, And vigorous young men stumble badly, Yet those who wait for the LORD Will gain new strength; They will mount up with wings like eagles, They will run and not get tired, They will walk and not become weary.”
     3. He understands our weaknesses.
        1. **Psalm 103:13-18:** “Just as a father has compassion on his children, So the LORD has compassion on those who fear Him. For He Himself knows our frame; He is mindful that we are but dust. As for man, his days are like grass; As a flower of the field, so he flourishes. When the wind has passed over it, it is no more, And its place acknowledges it no longer. But the lovingkindness of the LORD is from everlasting to everlasting on those who fear Him, And His righteousness to children's children, To those who keep His covenant And remember His precepts to do them.”
     4. When God puts grey in your hair, it’s His way of saying, “You won’t be here forever.” But God’s love is also forever and He doesn’t forget His saints.
        1. Hymn: How Firm A Foundation (1787), #400 in *Psalms, Hymns and Spiritual Songs* lyrics, Stanza 5:

“E’en down to old age all My people shall prove

My sovereign, eternal, unchangeable love;

And then, when grey hairs shall their temples adorn,

Like lambs they shall still in My bosom be borne”

* 1. Let us give thanks because God is good and He takes care of His people!

## Conclusion

1. God truly is good to us. It is right that we give thanks for all He has done for us and continues to do for us.
2. Let us not demonstrate an ungrateful heart and take God’s blessings for granted.
3. Give thanks to God for all He has done for you and for the hope of eternal life with Him!
4. If you are not a Christian, you need to be. Repent and be baptized into His name!
5. If a Christian in error, don’t wait till it’s eternally too late. Repent and be renewed!
6. Whatever your requests, let them be made known ***NOW*** while we stand & sing!