



Thankfulness

1. Thankfulness is great medicine but we can forget to take it

2. Thankfulness is a cure for so many things

3. Thankfulness is a medicine that can be taken at any time

4. We have more to be thankful about than David

A Song for every season Psalm 103-Thanksgiving

Read

- **Psalm 103**

Intro

Why is thankfulness so important? It is great medicine that we can take all day long and it does us good. And we can take it all day long. The one pith challenge for the week is : **Thanksgiving is the medicine that stirs your spirit – are you taking it ?** The Holy Spirit wants to minister the medicine of thankfulness are we willing to take it?

1. Thankfulness is a great medicine but we can forget to take it

Here is my heart

- Come to a place in your spirit where you can present your heart to be ministered to – be ready for a spiritual response

Praise the Lord oh my soul

- Forget not His benefits means that we remember countless ways to be thankful to God for what He has done in our life
- This leads to praise that isn't just lip-service or coming out of dryness but coming out of a deep response to thankfulness -a spiritual heart felt response.
- Not talking about time for a devotional special time – this can be done on the run and on the fly – minute by minute

We need to stir ourselves up

- It is a spiritual response – we need to stir ourselves up in our deepest being to take it properly.

Why is it so easy to forget ?

- The enemy of our soul hates our thankfulness an wants to shut it down.
- Engrained in our flesh to remember ourselves and the things that gratify our desire
- Thankfulness leads to a spiritual response – security and well-being – but ultimately leads to praise.
- Unless you stir yourself and engage in deep thankfulness praise can be life-less and dull



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David gets the need for a deep stirring

- It is never lip service with David
- David has a great relationship with God – but he doesn't have anything like the depth of union we have with God as adopted sons
- He can stir his soul – but we have a spirit that dwells in us far more powerful than our soul.
- We have a new self – that loves praising and worshipping God – our thanksgiving activates and fills the temple we were designed and purposed to be by God.
- But we have to move from being fleshy to being spiritual

2. Thankfulness is a cure for so many things We get the benefits so clearly when we were first saved

Praise the LORD, my soul,
and forget not all his benefits—
³who forgives all your sins
and heals all your diseases,
⁴who redeems your life from the pit
and crowns you with love and compassion,
⁵who satisfies your desires with good things
so that your youth is renewed like the eagle's.

- These are so readily realized when we are first saved.
- But over time these truths dull.
- We believe the Holy Spirit was sent to remind us of what Jesus has done in our life – and He wants to refresh again our thankfulness to the wonder of the cross

When life seems unfair take the medicine of thankfulness

The LORD works righteousness
and justice for all the oppressed.
⁷He made known his ways to Moses,
his deeds to the people of Israel:

- Regardless of the circumstance that you are in you can know that God has dealt with you righteously – he has made himself known to you – he has redeemed you – he has set your life on a firm foundation



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- David had an amazing relationship with God as a friend but he could never say what we can say that we are an adopted son or daughter, we are hidden in Christ, we can come to a throne of grace
- When we contemplate this and release thankfulness this will lead to praise – allowing a spiritual response

When we feel distant from God take the medicine of thankfulness

⁸The LORD is compassionate and gracious,
slow to anger, abounding in love.

⁹He will not always accuse,
nor will he harbor his anger forever;

¹⁰he does not treat us as our sins deserve
or repay us according to our iniquities.

- We can be grateful that God is compassionate and gracious towards us

When we feel a failure take the medicine of thankfulness

¹¹For as high as the heavens are above the earth,
so great is his love for those who fear him;

¹²as far as the east is from the west,
so far has he removed our transgressions from us.

- When you feel crushed and hard pressed remember that God has loved us so much

When we feel discouraged take the medicine of thankfulness

¹³As a father has compassion on his children,
so the LORD has compassion on those who fear him;

¹⁴for he knows how we are formed,
he remembers that we are dust.

- There is a compassionate being poured out from God filling us by His spirit
- Thankfulness will allow us to revel in the fact that He love us and this is an antidote to discouragement



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When we feel dull or dry take the medicine of thankfulness

- ¹⁵The life of mortals is like grass,
they flourish like a flower of the field;
¹⁶the wind blows over it and it is gone,
and its place remembers it no more.
¹⁷But from everlasting to everlasting
the LORD's love is with those who fear him,
and his righteousness with their children's children—
¹⁸with those who keep his covenant
and remember to obey his precepts.

- Thankfulness gives us a fresh perspective that we have an amazing covenant with God – signed by the blood of Jesus poured out on the cross
- We can reflect and revel on the fact we have an eternal covenant

When our circumstances are overwhelming take the medicine of thankfulness

- ¹⁹The LORD has established his throne in heaven,
and his kingdom rules over all.

- Thankfulness that God is sovereign – He is in control – that He has a plan. He may be letting us go through tough circumstances but we do not need to go through tough times with a bad attitude nor with a sense of complete abandonment and failure
- We can go through terrible times but we can go through it joyfully, peacefully, lovingly
- Even when we are strained – look at young mums at the moment that are so overwhelmed by home schooling pressure and fatigue – not looking for a quality time break -out – do thankfulness as you go along. It takes a minute it takes a second to say I am so thankful
 - You have compassion for me
 - You have love for me
 - You have strength for me
 - You are greater than this
 - You have given me children
- God wants to be your strength and your joy in your situation and thankfulness can be a trigger to refreshment – like taking a glucose sugar tablet when you are physically training
- Thankfulness brings Instant relief – you will still be tired but you will have more resilience



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Transfers us from our weakness in the flesh to our strength in the spirit

- Doesn't change our circumstances – but our endurance will
- But it give us a fresh Godly and biblical perspective that I am going to soar – be like an eagle that soars above storm clouds not through them
- Brings us to praise leads us into the presence of God
- We can practice thankfulness but we must do it as part of walking step with the spirit – thankfulness brings us to a place of exalting and soaring

4. We have more to be thankful about than David

- David didn't know Jesus
- It Jesus who has redeemed us from the pit
- Are we going to go Jesus's way or our own way?
- Jesus shattered the chains that bound us – but we can be like a prisoner who is set us free – but we can still live with a prisoner mentality
- Jesus shattered the chains that bound us but we need to step into who we are in Christ – we are alive

Thankfulness is the medicine that stirs your spirt – are you taking it