

Remnant Life Church
November 22, 2015
My Thanksgiving Catalogue
Psalm 103

- Thanksgiving Day
 - Celebrated both in Canada and the US – (Canada 2nd Monday in October; US 4th Thursday in November)
 - Has in its roots of thanksgiving the Protestant Reformation (1517 – Luther) as well as harvest festivals throughout Europe that were then brought to the New World
 - Proclaimed a national holiday by George Washington marking November 26, 1789, "as a day of public thanksgiving and prayer to be observed by acknowledging with grateful hearts the many and signal favors of Almighty God".
- The problem today is that we follow a day of thanksgiving for what we have by a day of thinking solely about what we want (Black Friday)
- The Christmas Catalogue used to be an anticipated delivery to every house
 - Sears Wish Book published every year since 1933
 - 300+ pages of every conceivable item someone could want for Christmas
 - Until 1997 – Little Big Wish Book – 100 pages – 2.5 x 2.5 in size
 - 2010 – almost exclusively digital for on-line ordering
- But this morning, before we sit down to a wonderful meal together I would ask that you consider creating a Thanksgiving Catalogue
- **Turn to Psalms 103**
- Most blessings, however, are often taken for granted – certainly in this country that is true – consider the following...
 - If you got up this morning more healthy than sick you are more blessed than 6 million people around the world who will not live out the day
 - If you recognize the blessing of meeting here this morning without fear of harassment, arrest, torture, or even death... you are more blessed than 3 billion other people
 - If you have food in your house, clothes on your back, a roof over your head at night with a place to sleep...you are better cared for than 75% of the world's population
 - If you have money in the bank, in your wallet or purse, and some spare change lying around the house...you are in the top 8% of the world's population in wealth
- How can we have such incredible blessings and yet still complain?
- David writes in this Psalm a song of praise for God's blessing
- **READ Psalm 103**
- Note that there is not one request, only thanks
- This Psalm has been compared to a river that flows continuously but broadens as it goes because...
 - It begins with personal and individual praise (vv 1-6)
 - Then focuses on national praise (vv 7-19)
 - And finally universal praise (vv 20-22)

- There are 6 blessings the Psalmist writes of in verses 3, 4, and 5
- But first v 2 encourages us not to forget what He has done for us
 - Theologian Charles Spurgeon said, “We often write our blessings in the sand, and we engrave our complaints in marble.”
 - God is not deficient in His great blessings that should lead us to praise Him, it is our own ingratitude that hinders us from doing it
- (1) Forgiveness (v. 3a)
 - *He forgives all my sins*
 - This is the very foundation of our lives – we are forgiven
 - Without it we have no hope
 - Reconciliation with God is from what all other blessings flow
 - *For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.* (Col.1:13-14)
- (2) Healing (v. 3b)
 - *...and heals all my diseases;*
 - The Christian must understand that healing is not restricted to the physical
 - It is the healing of our minds, souls, and spirit which is the first of what is healed through forgiveness
 - The Bible often uses the term sickness for sin and healing for salvation
 - **Luke 5** Jesus heals the paralyzed man; forgives his sins
 - That is not to say that sin necessarily causes sickness (**John 9:1-3**) but sin, if left unchecked, will impact every area of your life, including your body.
 - The healing that God gives us is for every area of our lives – most importantly the healing of our relationship with Him
- (3) Redemption (v. 4a)
 - *He redeems me from death*
 - To make something that is bad more acceptable
 - To exchange for (coupon, etc...)
 - To buy something back (like a stock or bond)
 - ALL of these apply to the work of God’s saving grace in our lives
 - The other reason David uses the word redeems is to remind the Jewish people that God redeemed or delivered them from Egypt at the very beginning of their recorded history
 - The account in **Ex 12-15** is written as someone being rescued from falling into a great pit (David’s word in v 4)
 - The word pit is also translated as the word Sheol (**Ps 6:5; 16:10; 28:1**) – the realm of the dead, the lost, with no hope (400 years of slavery)
 - *Praise be to the Lord, the God of Israel, because he has come to his people and redeemed them.* (**Luke 1:68**)
- (4) Love (v. 4b)
 - *He crowns us with love*

- + To be crowned is to place something over you
 - + It is also a designation of status or position and a symbol of authority; royalty
 - + We have, through His love for us, been given the position of joint heirs with Jesus and the children of almighty God
 - + *But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light; (1 Peter 2:9)*
 - + Royal – kingly in nature
 - + Because of that we have been given authority to overcome the trials and tribulations of the world
 - How can we not be thankful for that gift which we do not deserve
- (5) Satisfaction (v. 5a)
 - *He fills my life with good things*
 - Almost everybody seems to be searching for a fountain of youth. But I'm a realist, & when standing in front of a mirror I realize I wasn't born with graying hair, weakening eyesight and hearing or the wrinkles I have now.
 - Maybe Paul explained it best when he said that *"Though outwardly we are wasting away, yet inwardly we are being renewed day by day." (2 Cor. 4:16)*
 - Satisfaction in the Lord is not about possessions, the total absence of conflict in our lives, or even what I see
 - It is about His presence that satisfies the very deepest desire of our souls – to be in close communion with our Creator
 - (6) Renewal (v. 5b)
 - Several years ago I presented a study for an adult Sunday School class called Becoming an Eagle Christian
 - Preached a series here at RLC based on that class back in the fall of 2013
 - The adult eagle will, later in its life, pluck out its own feathers in order to allow fresh, new ones to grow
 - This cannot feel good – sometimes the things God does to bring about renewal in our lives can be painful
 - Most often emotionally and mentally
 - Can we recognize the times that He is doing that or are we all too willing to give Satan "credit" for what is going on that might be difficult or painful?
 - Everything God does is to strengthen and renew us
 - It is a blessing that we enjoy if we are willing to go through the tough times to get there
 -
 - Thanksgiving in this country is on the 4th Thursday every November
 - It is a time of the 4 Fs - family, food, fellowship, and football
 - For Christians EVERY day should be Thanksgiving Day
 - Begin creating a Thanksgiving Catalogue and fill it with all that God has done for you
 - Thank Him every day for His love, goodness, mercy, grace, and provision
 - It will change the way you view your life regardless of the circumstances because your heart and your words are filled with gratitude not complaining!