Psalm 103:1-5

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

1 John 1:9

9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Exodus 15:26

26 He said, "If you listen carefully to the Lord your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you."

John 3:16:

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

Lamentation 3:22-23

Because of the Lord's great love we are not consumed, for his compassions never fail. 23 They are new every morning; great is your faithfulness.

James 1:17

17 Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

Psalm 37:4

Take delight in the Lord, and he will give you the desires of your heart.



FORGET NOT ALL HIS BENEFITS

- Praise, Strong affection and Gratitude
- Whole person, whole self – thoughts, emotions, memory
- Must not be forgotten or taken for granted, ignored

- Forgives all your sins
- *Heals your diseases*
- *Redeems your life from the pit*
- *Crowns with love and compassion*
- *Satisfies your desires with good things and renews*

To have Gratitude

1. **Benefit**
2. **Beneficiary**
3. **Benefactor**