

The Missing Ingredient

A Primer on Counting Your Blessings



1. **Get** _____ (v.1-2)

2. **Get** _____ (v.3-7)

3. **Get** _____ (vv.8-18)

4. **Get** _____ (v.19-22)

Psalm 103

¹ Praise the LORD, O my soul; all my inmost being, praise his holy name. ² Praise the LORD, O 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. ⁶ The LORD works righteousness and justice for all the oppressed. ⁷ He made known his ways to Moses, his deeds to the people of Israel: ⁸ The LORD is compassionate and gracious, slow to anger, abounding in love. ⁹ He will not always accuse, nor will he harbor his anger forever; ¹⁰ he does not treat us as our sins deserve or repay us according to our iniquities. ¹¹ For as high as the heavens are above the earth, so great is his love for those who fear him; ¹² as far as the east is from the west, so far has he removed our transgressions from us. ¹³ As a father has compassion on his children, so the LORD has compassion on those who fear him; ¹⁴ for he knows how we are formed, he remembers that we are dust. ¹⁵ As for man, his days are like grass, he flourishes like a flower of the field; ¹⁶ the wind blows over it and it is gone, and its place remembers it no more. ¹⁷ But from everlasting to everlasting the LORD's love is with those who fear him, and his righteousness with their children's children— ¹⁸ with those who keep his covenant and remember to obey his precepts. ¹⁹ The LORD has established his throne in heaven, and his kingdom rules over all. ²⁰ Praise the LORD, you his angels, you mighty ones who do his bidding, who obey his word. ²¹ Praise the LORD, all his heavenly hosts, you his servants who do his will. ²² Praise the LORD, all his works everywhere in his dominion. Praise the LORD, O my soul. (NIV)

Application Questions

These questions are provided for your further study and application of today's message. Thoughtfully writing out the answers to these questions will help to drive home the point of today's message. It is also helpful to discuss your answers with others. This can take place with friends, your family, accountability partners, or ministry groups within the church.

1. What will you do this week to remind yourself to purposefully and thoughtfully say "thanks" to God?

At what point in the week do you generally need a "thanksgiving break" the most?

2. Read James 1:17. What good things has God delivered to you in the following areas:

- Relationally?
- Financially?
- Emotionally?
- Physically?
- Spiritually?

3. What has God withheld from you for which you can give thanks?

4. Read Luke 15:23-24. What will you do this week to suggest and encourage others to join in your thanksgiving?

Read through the Bible in a year! Here is this week's schedule.

Sunday

Jer.37-38 & 1 Thess.2

Monday

Jer.39-40 & 1 Thess.3

Tuesday

Jer.41-42 & 1 Thess.4

Wednesday

Jer.43-44 & 1 Thess.5

Thursday

Jer.45-46 & 2 Thess.1

Friday

Jer.47-48 & 2 Thess.2

Saturday

Jer.49-50 & 2 Thess.3

Here are some resources which may help you understand and implement the truths presented in this week's sermon.

- Adams, Jay. **From Forgiven to Forgiving**. Calvary Press, 1997.
- Bridges, Jerry. **I Exalt You, O God: Encountering His Greatness in Your Private Worship**. Waterbrook Press, 2001.
- Chapell, Bryan. **Holiness by Grace: Delighting in the Joy That Is Our Strength**. Crossway Books, 2001.
- DeMoss, Nancy. **The Attitude of Gratitude: Developing a Thankful Heart**. Life Action Ministries, 2000.
- Jarrell, Jane. **50 Ways to a Thankful Heart**. Harvest House, 2000. *[This book is designed to help children learn to be grateful.]*
- Lutz, Susan. **Thankfulness: Even When It Hurts**. P & R, 2002.
- MacDonald, James. **Lord, Change My Attitude (Before It's Too Late)**. Moody Press, 2001.
- Pao, David W. **Thanksgiving: An Investigation of a Pauline Theme**. InterVarsity Press, 2003.
- Rainey, Barbara. **Thanksgiving: A Time to Remember**. Crossway Books, 2003.
- Spurgeon, Charles. **Power in Praising God**. Whitaker House, 1998.
- Swindoll, Charles. **Hope Again**. Word Publishing, 1996.
- _____. **Laugh Again**. Word Publishing, 1991.
- Tozer, A. W. "Thankfulness as a Moral Therapeutic," in **The Root of Righteousness**. Christian Publications, 1955.
- Walker, Laura. **Ferris Wheels, Daffodils, & Hot Fudge Sundaes: A Journal of Gratitude**. Baker, 2002.