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I'm not sure if you realize this or not, but Thanksgiving is coming up next week. And with Thanksgiving on the horizon, I thought it appropriate that today we look at a Psalm full of reasons to give thanks.

So, let's open to PSALM 103. The title of my message today is, "FORGET NOT."

Because, unfortunately, we are forgetful creatures. We forget things so easily, but I hope today we will "**forget not**" --- the blessings – and the benefits – of the Lord.

Psalm 103 is a Psalm written by David, one of the greatest worshipers perhaps in the entire Bible. And my hope today – is that Psalm 103 will stir up within each of us a **REMEMBRANCE** of the many reasons we have to praise God today.

David begins in verse 1:

***¹ Bless the LORD, O my soul;
And all that is within me, bless His holy name!***

When you first read this verse, it might seem interesting that David would tell his own soul to bless the Lord.

You know... they say that talking to yourself can be a sign of genius --- at least, that's what people keep telling themselves!

Did you hear about the surgeon who was about to perform his first surgery?

The patient was lying on the table, waiting on the anesthesiologist, when the doctor grabbed the patient's hand and took a deep breath.

The surgeon said, "Don't worry, Richard, this is no big deal – just a few cuts here and there – all will be done in less than an hour. You'll be at home, resting and watching the game before you know it."

That's when the patient said, "Umm... my name's not Richard."

To which the surgeon replied, "Oh. I'm just talking to myself."

You know, sometimes, we all just need a little pep talk, don't we?

And sometimes the best pep talk just needs to come from within.

As I was preparing my message for today, one of the things I hoped to do was to stir up within you a heart of praise. To stir up within you the desire to truly want to "bless the Lord." With all that is within you your entire being your entire soul.

But the more I thought about that, the more I realized – ***I don't think I'm the one who can truly do that!*** And I think David knew that praising the Lord – was meant to be a very personal experience – for every human. ***David knew that there was a – personal responsibility – on his part – to bless the Lord from within.***

To "bless" the Lord – here literally means to "to bless; to kneel; to praise."

It speaks of absolute praise and worship. It's attention put upon our God in Heaven. It's devotion – at its deepest level. It's recognition of who God is. It's bowing down to His sovereignty. It's giving Him our highest praise telling Him how GOOD He is and WHY we believe He's so good! It's not meant to "puff Him up" to cross something off a list. It's a dire cry from within that expresses our deepest ***gratitude, thanks, and adoration.*** It's letting God know how much He means to us.

As your worship leader, I can stand up here every week from behind a guitar and microphone – and say, "Come on guys, let's bless the Lord!" But that would be more of a command on my part for you to get engaged, when in reality, the best exhortation any of us can have ***is the exhortation that we give ourselves.***

David said, "Bless the Lord, O ***MY*** soul..."

David is speaking to His ***innermost being***... with an attempt to ***awaken*** and ***arouse*** every ounce of passion inside of him in order to praise and bless the Lord.

The word here, "soul," speaks of the housing of the appetite, the emotions, and passions. It includes all the activity of the mind, of the will, and of a person's character.

This desire is seen in his cry, "Let ALL that is within me... praise the Lord."

"Let my entire BEING praise the Lord."

"Let my WHOLE HEART praise the Lord."

"Let my very SOUL itself praise and bless the Lord," he cries.

That's because David realized that true worship comes from the SOUL.

True worship is not an OUTWARD IM-pression, but rather an INWARD EX-pression of the heart.

What is the "cure" for half-hearted worship?

We must come to God with whole-hearted devotion.

Did you know that we can enter into worship and forget to bring our hearts?

Again, David said, "Let ALL that is within me – bless the Lord."

This includes our heart.

We can't rely on the worship leader to get us into "a place of worship." We can't rely on a "perfect set of songs" to get us to where we can "let go." We certainly can't rely on perfect-pitch or in-tuned instruments!

We need to know (or perhaps remind ourselves) that our worship is **OUR** worship.

I am responsible for whether or not I enter into worship each week.

This shouldn't be a difficult task (to bless the Lord) yet, David uses this phrase SIX times in Psalm 103!

SIX TIMES!

Look down at what David immediately says again in verse 2!

***² Bless the LORD, O my soul,
And forget not all His benefits:***

Once, a man went to his doctor and said he had been forgetting things more frequently lately.

His doctor asked him, "How long has this condition been happening?"

To which the man replied, "What condition?"

We humans are forgetful creatures, aren't we?!

Hebrew poetry used repetition for emphasis, and rightfully so! We could all use constant reminding of the things most important to us.

The Hebrew verb here, "forget," means to "lose memory of," but it also translates to the word, "ignore," or "cease to care about."

Let that sink in for a second.

I don't think any of us here have truly "ignored" God (at least intentionally) but is it possible that we (at times) have become **desensitized** in many ways to God's works, perhaps to the point that we **OVERLOOK** His works.

It's not so much that you just "forgot" the Lord was good. But now your circumstances of life have crept in and stolen your joy.

Think about what this looks like in your own life for just a minute. Things are happening. "Falling into place." Work is good. Family is good. You're just loving life right now. And then you get an unexpected bill. Or an emergency room visit. Or you run out of gas on the side of the road. And just like that. ***The Lord's benefits are GONE from our mind!*** These worldly things take your attention off GOD and we become focused on fixing earthly problems instead of what? **FORGETTING NOT** the Lord's benefits. And not just some, but **ALL** of God's benefits and blessings.

Deuteronomy 4:9 cautiously addresses our forgetfulness: "***Only take heed to yourself, and diligently keep yourself, lest you forget the things your eyes have seen, and lest they depart from your heart all the days of your life.***"

Perhaps, if anyone here today has forgotten what their eyes have seen of the Lord. May we be quick to recall them, lest they begin to depart from our heart.

One of the easiest and fastest ways to forget the Lord and His benefits is to take our eyes off Him.

I think this is one of the reasons David says this **SIX** times, "Bless the Lord, O my soul." Because he knew he needed to keep his eyes on God – so he wouldn't **forget**.

"Forget NOT – ALL His benefits." "Lord, give me eyes to see You. And a mind that REMEMBERS."

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I love Deuteronomy chapter 6. It's one of my favorite passages – and here's why:

In Deuteronomy 6:5-8, God's people were instructed to, "Love the Lord your God with all your heart, with all your soul, and with all your strength. And these words which I command you today shall be in your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up. You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. You shall write them on the doorposts of your house and on your gates."

Now – this might seem excessive! *But is it really??*

It's no wonder these instructions are so specific. First of all, do you love the Lord with all your heart, with all your soul, and with all your strength?? Because if you do, you will place these words in your heart, you will teach them diligently to your children, you will talk of these words when you're sitting in your house, when you're walking down the street, when you lie down in your bed at night, and when you rise up every morning. You will bind them as a sign on your hand and place these words right between your very eyes. You will put these words on your doorposts of your house and at the end of your driveway so you will see them (literally) EVERYWHERE YOU GO.

Now WHY on earth would God's people need such reminders? Because we forget the number one commandment. Which is to love the Lord our God with EVERYTHING that is within us. This is what worship looks like. To love Jesus with ALL my heart and soul with everything I do. That I "Bless the Lord with ALL that is within me." If this is the greatest command that God has given me, then it's the number one purpose that I have in life. If this is my purpose, I think (then) this might be something I make sure I never forget.

One of the best ways to combat forgetfulness is **REPETITION**.
One of the best ways to combat forgetfulness is **REPETITION!**

When something becomes routine, it becomes habit. I want to have Jesus on my mind, heart, and soul all day long. All day, every day!

How many times have you walked into the kitchen just to forget what you walked in there to do? How many times have you woken up at night, only to remember that thing you forgot? **Or how many times have you strolled through the grocery store on your way home from work (like me), only to forget what you needed?** We need HELP remembering. That's why David made his list. "Forget not the Lord's benefits." "In fact, I think I'll make a list!"

(We'll get to it in just a minute.)

I want to encourage you with something today. Go home and make a list. I would tell you to do it next week at the Thanksgiving table, but I'm afraid you'll forget! Sit down this week (or today) with your family and make a list. Begin to list (out loud) ALL the Lord's benefits that you can think of. Take turns going around the dinner table and letting each person in your family add to the list. But then write it down. Take this verbal list and put it on paper... **so you won't FORGET.** Then, next week at the Thanksgiving table break out this list. And begin to give God thanks. A heartfelt THANK YOU for what He's done in your life and in the life of your family. Because (I think) you'll find yourself at the end of this list saying, "**O bless the Lord, O my soul – and ALL that is within me. Thank you, Lord – for Your great benefits. For Your wonderful blessings.**"

We make lists so we REMEMBER. When I go into the store without a list, I walk out of the store with about 47 items that I DON'T need! I walk out thinking I've just purchased enough groceries to make meals for the next two weeks, when in reality I've just walked out with a cart full of nothing but desserts. ***I'm not even sure how it happened. All I know is when I come home from the store, usually the first thing I tell my wife is, "Stop sending me to the store."***

But when I walk into the store with a list, suddenly I'm on a mission! I walk in with a plan and start storming down every aisle. And let me tell you! Blessing, and praising, and worshiping the Lord should be with the same intent! When you come before the Lord with thanksgiving and praise, it should be done with such **PURPOSE** that you're coming with a list of things ALREADY on your mind as to why you're there in the first place.

Imagine that I walked up to my wife to pay her a compliment. And I just go up to her and say, "Thank you." To which she would reply saying? "For what?" First of all, would I have an answer? If not, was my "thank you" in vain? Or self-seeking? Or out of compulsion? Or did I sincerely mean it?! But if I were to go to her and say, "Hey, THANK YOU for getting the groceries today. You saved us \$4000 by not sending ME." ***Or, maybe I say, "Thank you for your loving spirit... you're such a good mother to our children."***

And now take that same example and apply it to our worship. "God, thank you!" Imagine if He said, "For what?" Would you have an answer?? If so, WHAT would your answer be? Our worship of the Lord needs to be genuine. It needs to be sincere. And I'm not implying that

yours ISN'T. But I want to REMIND you – that it needs to be with great purpose. Therefore, follow David's example here and make a list of the Lord's benefits in your life!

In 1 Samuel 7, Samuel experienced the Lord's hand upon His people in a mighty way. God defeated Israel's enemy, and *(in verse 12 of 1 Samuel 7), "Then Samuel took a stone and set it up between Mizpah and Shen, and called its name Ebenezer, saying, 'Thus far the Lord has helped us.'"* When God did something big for His people, it was important enough to them to make sure they **REMEMBERED it**. *Now, every time they looked upon the Ebenezer stone, they REMEMBERED how far the Lord had brought them – thus far.* They didn't know what was **ahead**. But they remembered what was **behind**, or *what the Lord had done up until this point*. When God does something big in your life, write it down. Make a list. Set it up before your eyes. REMEMBER His works. His benefits. *Ask yourself: What does MY Ebenezer look like? What has the Lord done in my life thus far? What has He brought me through?* And praise Him for it.

And notice how this line in verse 2 ends with a colon? That's because David is about to make his list of the Lord's benefits. Think about this! If the Lord has benefits – that means, there is a **BENEFICIARY!** That's you and me. We, His children are the beneficiaries of God's benefits. ***And speaking of His benefits --- here's a great place for you to start with your list today! If you're smart, you can copy it for yourself! Check out David's list here in verse 3.***

Bless the Lord:

³ Who forgives all your iniquities,

Who heals all your diseases,

⁴ Who redeems your life from destruction,

Who crowns you with lovingkindness and tender mercies,

⁵ Who satisfies your mouth with good things,

So that your youth is renewed like the eagle's.

David reminds us in verse 3 that it's the LORD who forgives all your iniquities! He forgives us of our faults. He forgives us of our wrongs. He forgives us our sin. Not just SOME, but ALL. That's a very key word here in this passage! ***God forgives ALL our iniquities!*** Shouldn't that make us happy today?? David says in **Psalm 32:1, "BLESSED is he whose transgression is forgiven, whose sin is covered."** Your sins --- ***past, present, and future*** --- have all been covered in forgiveness.

I want you to take notice of something else, too this is the benefit that David listed **FIRST**. I think it's because David (of all people) knew the power of God's forgiveness. David, who is said to have had a WHOLE heart for God, allowed himself to succumb to sins as deep as lust, adultery, lying, and even murder. He experienced the powerful effects of guilt, of shame, and even the depravity of God's Holy Spirit in his life ***all due to his sin***. **David knew TRUE**

FORGIVENESS. And I think that's why he listed it first. Because those who know true forgiveness from God become true worshipers of Him.

David says in verse 4, Bless the Lord "**Who redeems your life from destruction.**" I don't know about YOU, but I can stand here today honestly saying that the Lord saved me from great destruction in my life.

Years ago, the Lord had been trying to get through to me and had used some family friends of ours to invite me to a church I'd never heard of before, called Calvary Chapel. It was a small church close to where I lived prior to moving here. After many invites from our family friends, my family and I decided to go check this church out. Although, I've got to admit, I didn't have high hopes. So, the Friday night before we decided to attend this church that Sunday – my friends and I decided to go to a party but not before stopping first to grab some alcohol. I was only about 17 at the time, and so were most of my friends. So, what we did was pull into a little shopping center that was just adjacent to the gas station where we'd get the alcohol from, while my friend's older sister would go in and buy us the alcohol (you know, since we are all underage and such).

Well, while we're waiting (and hoping we wouldn't get busted), I started planning my escape in my head:

"Let's see, if a cop comes over, maybe we can drive away fast enough and outrun them."

"No, wait. That's dumb. We wouldn't be able to outrun them in this old car. Maybe I'll hop out and just leave them to get busted while I run over there to ---."

And as I looked up, I saw on the sign above the car I was in... **and it read, "Calvary Chapel."** And in that moment... **I knew.** The Lord had already been working in my heart prior to that night, telling me I needed to stop hanging out with the people I was hanging out with. He was telling me I needed to get serious about my relationship with Him. And for me – that was choosing Him and His ways over my friends and the world's ways. He had been showing me just how much He loves me by revealing within me that I was slowly heading down a path of **deep destruction.** And in that moment, I knew. I knew that God was grabbing hold of my heart. **But** He did it in such a loving way. He didn't shove church down my throat. He didn't make me feel guilty over my mistakes. He didn't even allow me to get BUSTED for the dumb things I was doing!

Instead, as verse 4 points out: **He redeemed my life from destruction, and He crowned me with lovingkindness and tender mercies.**

The thing is, I have no clue where my life would be right now if He hadn't stepped in when He did. I know I was heading down a path of destruction, and I also know He redeemed me from it. I can stand here today and tell you that although I didn't go as far as to live MUCH of a rebellious life, or a life that took a path that maybe many of you sit here today and look back on... I CAN tell you that God saved me from a path of destruction.

For me – I can truly say: Bless the Lord, O MY soul.

God reached me in a way that He knew I would listen. And I love how verse 4 describes it... God CROWNS us with His lovingkindness and His tender mercies. ***HE took the crown of thorns upon Himself while crowning ME with His love and with His mercy.***

The Bible says in **Romans 2:4**, "***... do you DESPISE the riches of His goodness, forbearance, and longsuffering, NOT knowing that the goodness of God ... leads you to repentance?***"

This verse means so much to me, because it's in the hardest times of my life, when my iniquities were GREATEST that God's lovingkindness was **GREATER**. Nothing will lead you to your knees faster than God's kindness **when you don't deserve it. Forget not all His benefits!**

David continues his list here in verse 6.

We bless the Lord because:

***⁶ The LORD executes righteousness
And justice for all who are oppressed.***

***⁷ He made known His ways to Moses,
His acts to the children of Israel.***

***⁸ The LORD is merciful and gracious,
Slow to anger, and abounding in mercy.***

David reminds us here that God took care of all the needs of the Israelites in the wilderness. He fed them manna – day by day. He gave them water to drink. He supplied them clothing, shelter, a cloud by day and a fire by night to lead them. He even took care of them to the point we're told (in Deuteronomy 29:5) – that neither their clothing nor their sandals wore out on them! And yet – how did the Israelites respond to the benefits of the Lord? By complaining. Grumbling. Murmuring. Backbiting. Idolatry. And ingratitude. **Ingratitude** – will prohibit our praise and thanksgiving – 100% of the time.

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Here's the "Ingratitude Test. This is how you can tell if you are an UNGRATEFUL person – or not a THANKFUL person: ***Do you spend more time COMPLAINING about your situations... rather than THANKING God for what He's doing DESPITE the situation?***

I'm just posing the question! Determine for yourself the answer – but determine it honestly – and fairly! But as you go home today, catch yourself when you start complaining about something. And then change the direction of your words. Catch yourself in those moments of complaints today (and tomorrow, and the next day) and remind yourself that ***you have WAY MORE reasons to praise the Lord ... than the reasons you have to complain. "May I not forget your benefits, Lord."***

Which – is why I'm so thankful we're told in verse 8 that: the Lord is full of mercy, meaning He saves us from a punishment that we **DO** deserve. He gives us grace, meaning – He then gives us BLESSINGS that we **DON'T** deserve. He is slow to anger. And He abounds in mercy.

Romans 6:23 makes it clear:

It is our **SIN** – that makes us deserving of death and Hell.

It is God's **MERCY** – that saves us from Hell.

But it is God's **GRACE** – that offers us Heaven. God's **GRACE** gives us new, spiritual LIFE.

For it is by God's GRACE – that we have been saved. God's GRACE – is God's GIFT – to us. (Ephesians 2:8)

The more we become aware of our SIN, the more we become aware of God's GRACE.

"Bless the Lord, O my soul."

Bless Him for His works. Bless Him for His mercy. Bless Him for His grace. Bless Him for His gift of eternal life through Christ Jesus, the only means by which we are saved.

⁹ He will not always strive with us,

Nor will He keep His anger forever.

¹⁰ He has not dealt with us according to our sins,

Nor punished us according to our iniquities.

Once again – David reminds us that God has chosen **NOT** to deal with us according to our sins. If He did, then we're all headed for Hell! Therefore – let us not only praise the Lord for what He **HAS** done – but also for what He **HASN'T** done! God has not dealt with me according to my sins. Wow. For THAT... I am so thankful. Thank you, God, for your MERCY! When I wonder why I was spared a terrible punishment, it's then that I remember it's because **God put my punishment on His Son instead.**

"For He made HIM – who knew no sin – to be sin for US, that we might become the righteousness of God in Him." (2 Corinthians 5:21)

In verse 11:

***¹¹ For as the heavens are high above the earth,
So great is His mercy toward those who fear Him;
¹² As far as the east is from the west,
So far has He removed our transgressions from us.***

Now, I don't know the distance from Earth to Heaven... but I do know if we tried to measure it, we'd find it is immeasurable. And what a beautiful picture of God's unending mercy! It is truly immeasurable. God's mercies are so great – but notice exactly WHO they are great towards... **"those who FEAR Him."** For the UN-believer, there is a fear towards God of His judgment and the eternal death and punishment. But for the BELIEVER – the fear of the Lord is a different story. The Believer's fear – is more of a recognition of God with great reverence and respect – for who He is.

Deuteronomy 10:12 says, *"And now, Israel, what does the Lord your God require of you, but to fear the Lord your God, to walk in all His ways and to love Him, to serve the Lord your God with all your heart and with all your soul..."*

What does God require of you? That you fear Him. That you walk in all His ways and that you love Him. That you serve Him. And that you do it with all your heart – and all your soul. Kind of reminds you of the first and greatest commandment, doesn't it? That **"You shall love the Lord your God with all your heart, with all your soul, and with all your mind."** (Matthew 22:37). If you could sum up "worship" with one Bible verse, perhaps this would be the one.

But notice verse 12 that follows:

***¹² As far as the east is from the west,
So far has He removed our transgressions from us.***

If you traveled North long enough, you would eventually be traveling in the direction that we would call "South." And likewise, in reverse. But if you were to start traveling East – or West – you would find that the two would never meet. In other words – there is no end! God has removed our sin and transgression SO far from us –that no matter where we go, we are completely removed from our sin. What a great benefit of Jesus – that our past doesn't have to define who we are today.

Many of us are haunted by our past sins. But just as David mustered up this knowledge within his own soul, there are those here today that need to be reminded – that God has removed the shackles and the weight of your sin – so far as the East is from the West.

Listen to what God says in **Isaiah 43:25** about your sin: **"I, even I, am He who BLOTS OUT YOUR TRANSGRESSIONS for My own sake; and I will not remember your sins."** We FORGET the Lord --- but remember our sins. But if **GOD** can forget your sins, *can't you?* The next time your sins come up in your mind, you need to remind yourself – deep within your soul – that it is NOT God who put those thoughts there! How do I know? Because He has REMOVED them as far as the East is from the West. **You need to stop remembering your SINS – and rather remember the LORD.** David had to remind himself over and over, "Bless the Lord, O my soul. Bless the Lord." "Don't forget His benefits." "Don't forget that He has blotted out your transgressions." **"There is therefore now – NO – condemnation to those who are in Christ Jesus." (Romans 8:1).** I hope you believe that.

Once, a man who was near death was asked what he wanted on his tombstone. He was too broke for a fancy burial and expensive carving, so after thinking briefly he replied, "FORGIVEN." He told them, "God has forgiven me of all my sins, and He'll never hear the end of it." Now THAT'S a man who had much to be thankful for. And he was going to let God hear all about it. **At the end of this life here on earth, none of us are defined by our sins. We are defined by God's forgiveness.** And may God never hear the end of it!

Speaking of the Lord's great care for us, concerning our sin – in verse 13:

***13 As a father pities his children,
So the LORD pities those who fear Him.***

***14 For He knows our frame;
He remembers that we are dust.***

As a FATHER pities his children... "Pities," literally means, "TO LOVE --- with compassion." THIS is the God whom we worship. The same God who created the VAST UNIVERSE – the Heavens and the Earth – the sun, the moon, and the stars – **this same God... would stoop down to our level... as a FATHER who looks upon his children... with such a DEEP**

LOVE --- and takes pity on us. He has deep COMPASSION for us. Why? Because He knows our frame. He remembers that we are dust. See – **WE** – should remember His benefits, works, and great blessings. But **GOD** – remembers our frame. **WE** – remember His goodness! **HE** – remembers our weakness. **Not so He can look down on us! But to have PITY on us, His children.** I'm not sure we will ever fully understand the measurement of God's love.

Paul prays in Ephesians 3 (18-19) that we, "may be able to comprehend with all the saints what is the width and length and depth and height --- to KNOW the love of Christ..."

We see the WIDTH of God's love in today's text – that God has removed our sin and transgression as far as the east is from the west... (Psalm 103:12)

We see the LENGTH of God's love in John 3:16 by the fact that He would go all the way to His death on the Cross – in order that we might have everlasting life. Oh, the lengths that He went to – to show His love for us.

We see the DEPTH of God's love in Romans 5:8, when Paul reminds us, "... scarcely for a righteous man will one die; yet perhaps for a GOOD man someone would even DARE to die. But God demonstrates His own love toward us, in that WHILE WE WERE STILL SINNERS, Christ died for us." His love reached the ultimate depth.

And we see the HEIGHT of God's love in 1 John 4:9: "In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that we might live through Him." The height of God's love can be measured by the fact that His Son descended His throne to be with us.

All of this... so that WE would know – the love of Christ.

And while God's love for you has *definite dimensions, Romans 8:38-39 assures us that, "neither death nor life... nor angels nor principalities nor powers... nor things present nor things to come... nor height nor depth... nor any OTHER created thing... shall be able to separate us from the love of God which is in Jesus Christ our Lord."*

His love is boundless. His love is endless. His love stops at nothing. His love for you goes beyond any border you could ever think of. And yet --- God's love for you will **BREAK through any barrier** – just to reach you. **THAT – is what a father's love looks like.**

You know... being a father myself, I have been able to catch just a glimpse of what the Father's love looks like for me. I can tell you – that as a father – I have a love for my children that cannot be described. It's a love that would truly go to any height, depth, length, or width.

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*There have been a couple of times where my family and I have been at the park – and suddenly one of my kids looks up, can't find Mommy or Daddy, and you just see them start to panic. From a distance – I see their humanness. I see their frailty. I have pity on them. Compassion. Born out of my love for them. And as I approach them, console them, hug them, wipe their tears... **I then take the time to get down on their level and assure them beyond the shadow of a doubt:** "Son... Daughter... I will **NEVER** leave you. And if you ever became lost? I would go to the ends of the earth to find you. I would never stop looking for you. **You need to know that.**"*

And then I think about God's love for me... the love that would go to any distance to save me. **That's the love of a father.**

As any father would, He knows us better than we might know ourselves. God KNOWS your frame. He REMEMBERS that we are dust. And yet... somehow – and for some reason – He STILL loves us with great compassion. And He never gives up on us, even when we give up on ourselves. **"Bless the Lord, O my soul --- that He remembers my frame! He knows I am dust. And He cares for me anyway."**

David wraps up his Psalm by imploring all of creation to join in with him in his song:

***20 Bless the LORD, you His angels,
Who excel in strength, who do His word,
Heeding the voice of His word.
21 Bless the LORD, all you His hosts,
You ministers of His, who do His pleasure.
22 Bless the LORD, all His works,
In all places of His dominion.
Bless the LORD, O my soul!***

As if David is suddenly conducting an orchestra of praise, he calls on the angels to "Bless the Lord!" He cues the people of God to "Bless the Lord!" In fact, he calls on all of creation to

“Bless the Lord!” And then he ends his Psalm of praise full circle... the same way he began... He says, “***Bless the Lord, O MY soul.***” Last – but certainly not least!

Let me leave you with this thought today: ***God has gifted each of us with so many of His benefits – the GREATEST of which being His only Son, Jesus.*** This Thanksgiving, would you join me in counting out all of God’s blessings? And make a list, lest you FORGET (like we humans do). But then use that list as a platform for your praise to God, with everything you have. ***We, as GOD’s people, have SO MUCH to be thankful for when we realize how much we’ve been GIVEN (and FOR-given).***

God has gifted us with eternal life. What more could we ask for! And guess what we’ll be doing with that eternal life? We’ll be ***worshiping*** and ***praising Jesus – and saying, “Bless the Lord, O MY soul!”***