

## Forget Not!

**(Psa 103:2)** My soul, **praise** the LORD, and **do not forget all His benefits.**

How easy it is to get sidetracked by the things of this life. We all have problems, circumstances, and sometimes crazy people that we have to deal with! **How easy is it to forget the Lord!** David got to a place where he had become depressed with everything he was facing in life. He had to talk to himself! He had to tell himself to focus on the Lord and not the things around him which wanted to drag him down. He had to address his soul. We must do the same. We must tell our minds to think on God. We must tell ourselves it is time to praise God! David realized that he needed to focus on all the benefits to serving God and not the negatives that were trying to crowd out the joy in His heart. How can we exchange our negative outlook for a positive one? It is by praising God. I mean- really praising Him.

**(Psa 68:19)** Blessed *be* the Lord, *who* **daily loadeth us** *with benefits, even* the God of our salvation. **Selah.**

If we would stop and turn our heart towards God in praise we would find that **we have many, many things to be thankful for. If you feel depressed you must make yourself be thankful!** We praise God by **being thankful.**

**(Heb 13:15)** By him therefore let us offer the **sacrifice of praise** to God continually, **that is,** the fruit of *our* lips **giving thanks** to his name.

God daily loads us with benefits. Most benefit packages in a work setting get reloaded each year. Not God! His benefit package in Christ is reloaded every morning!

Lam 3:22 *It is of the LORD's mercies that we are not consumed, because his compassions fail not.*

Lam 3:23 **They are new every morning:** *great is thy faithfulness.*

Being thankful is one of the greatest ways to praise God and to energize your faith. You cannot be a great faith person and be a negative or ungrateful person. The greatest faith men and women in the Bible and in church history were thankful people!

To be thankful you have to use your memory! You have to remember something in order to be thankful. You need to take a journey on memory lane and recount back to God the great things He has done for you. The God that did great things for you in the past is the same God who will do that for you now! **One of the ways we love God is being thankful to God. Faith works by love.** Get your faith working today by thanking God and remembering all His benefits.

- 1) What are the benefits of being saved and knowing Jesus Christ has Savior
- 2) How has God already blessed you with those benefits in your life?
- 3) Faith exercise: Put on some praise music. Get before the Lord and start thanking Him for the great things He has done for you. Spend at least 15 minutes doing this. Yes you have enough to be thankful for to last this long!
- 4) Confess this: I have so much to be thankful for. I am a thankful person. God has greatly blessed me in my life and He will continue to daily load me down with His blessings and benefits! His mercy and benefits are new every morning. I am a super blessed person in the name of Jesus Christ!