**Count Your Blessings**

*Psalm 103*

**Introduction**

1. The song, “Count Your Blessings” by Johnson Oatman Jr. is a wonderful reminder of the importance of remembrance of God’s gifts, and the need to show Him gratitude.
   1. When upon life's billows you are tempest tossed,
   2. When you are discouraged thinking all is lost,
   3. Count your many blessings, name them one by one,
   4. And it will surprise you what the Lord hath done.
   5. Are you ever burdened with a load of care?
   6. Does the cross seem heavy you are called to bear?
   7. Count your many blessings, every doubt will fly,
   8. And you will be singing as the days go by.
   9. So, amid the conflicts, whether great or small,
   10. Do not be discouraged, God is over all;
   11. Count your many blessings, angels will attend,
   12. Help and comfort give you to your journey's end.
   13. Count your blessings, name them one by one;
   14. Count your blessings, see what God hath done;
   15. Count your blessings, name them one by one;
   16. Count your many blessings, see what God hath done.
2. **The scripture shows us how important it is that we count our blessings daily.**
3. **Psalm 103** – David counted his blessings received from the Lord.
   1. **Bless** – baw-rak' – to kneel; by implication to bless God (as an act of adoration). (Strong)
      1. *“The word “bless,” as applied to God, means to praise, implying always a strong affection for him as well as a sense of gratitude.” (Barnes’ Notes)*
      2. **God deserves our adoration and gratitude!**
   2. **(v. 2)** – **benefits** – *ghem-ool'* – treatment, that is, an act (of good or ill); by implication service. (Strong)
4. **Recalling the blessings we receive from God allows us to see God in our lives, render Him the gratitude that He deserves, and allows us to keep proper perspective in this life, understanding our dependence on Him.**
5. God’s Will For You
6. We are Commanded to be Thankful
   1. **Thanksgiving implies the recognition of blessings received.**
   2. **1 Thessalonians 5:18** – This is God’s will for us.
      1. ***“in everything”*** – this not only suggests that we be thankful for all things, but in any situation.
      2. **There is always something to be thankful to God for, and He deserves that thanksgiving.**
   3. **Colossians 3:17** – Thanksgiving to God is required in our service and submission to Christ as Lord.
      1. Our actions of obedience should not be simply by constraint.
      2. **We should be willingly devoted to God – Our obedience should always be with a heart of thanksgiving – it is an act of reciprocation to what God has done for us. 🡪**
      3. ***“In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins” (1 John 4:10).***
7. Accomplished Through Prayer
   1. **Colossians 4:2** – Our continuance in prayer should be filled with thanksgiving to God.
      1. **Vigilant** – be alert, or awake with watchfulness. 🡪
      2. **Counting blessings is part of vigilant praying – remembering things to thank God for.**
      3. **(vv. 3-4)** – Paul’s specific purpose in mentioning prayer was to make a request of intercession from the Colossians for his ministry of spreading the word.
         1. Many times, and rightly so, our prayers are requests. This is also God’s will.
         2. **(v. 2)** – However, Paul wanted them to also acknowledge all God has already done for them.
         3. **We must not become so caught up in our requests that we forget God’s past faithfulness in answering our prayers!**
   2. Our prayer life should have a high concentration of thanksgiving.
8. ***It is vital that we follow this command to count our blessings and be thankful 🡪***
9. If We Don’t Count Our Blessings
10. Israel
    1. **Deuteronomy 8:11-17** – Moses’ charge to remember God – ultimately by keeping His commandments – but also by counting the blessings He has given you.
       1. **(v. 17)** – To neglect the counting of blessings leads to pride.
       2. ***All these things came from God, and they needed to remember that, or it would lead to disobedience 🡪***
    2. **Vv. 18-20** – When Israel began serving the gods on the other side of the Jordan, it was because they failed to count their blessings from God.
11. Gentiles
    1. **Romans 1:18-21** – The gentiles had the evidence of God before them in the creation, and blessings they had received, but they weren’t thankful.
    2. **Vv. 22-23** – It also led them to idolatry.
    3. **Acts 14:15-17** – Paul to Gentiles at Lystra after they began treating them like gods – **They recognize blessings from God, and must acknowledge them.**
12. Lost Perspective
    1. **James 1:13-18** – When we fail to count our blessings, recognize who they are from, and give thanks to God for them, we fall in danger of forgetting His gracious and good nature.
    2. **(vv. 13-16)** – Nothing bad comes from God – temptation to do evil, or any form of suffering and trials. (**EX: Job – His trials came from Satan.)**
    3. **(vv. 16-18)** – Only good things come from God, and we need to constantly remember those things in our lives – **(v. 18)** – ***especially the spiritual blessings!***
13. It is important we count our blessings because of what can happen if we do not. ***But also there are benefits we receive from God as we count our blessings and are thankful to Him. 🡪***
14. If We Count Our Blessings
15. We Will Receive Encouragement
    1. “When upon life's billows you are tempest tossed, When you are discouraged thinking all is lost, Count your many blessings, name them one by one, And it will surprise you what the Lord hath done.”
    2. **Hebrews 13:5-6** – Living in a material world can sometimes lead us to covetousness.
       1. We must remember the blessings we have, and be content with them, knowing from whom they come **(v. 5).**
       2. This gives us encouragement, and boldness knowing that God will continue to bless us, even if man tries to harm us **(v. 6).**
       3. **IF GOD CONTINUALLY PROVIDES PHYSICALLY, THEN HOW MUCH MORE SPIRITUALLY?!**
    3. ***“But seek first the kingdom of God and His righteousness, and all these things shall be added to you” (Matthew 6:33)*** – as they HAVE BEEN IN THE PAST.
16. We Will Receive Strength
    1. “Are you ever burdened with a load of care? Does the cross seem heavy you are called to bear? Count your many blessings, every doubt will fly, And you will be singing as the days go by.”
    2. “So, amid the conflicts, whether great or small, Do not be discouraged, God is over all; Count your many blessings, angels will attend, Help and comfort give you to your journey's end.”
    3. **Hebrews 2:17-18** – In our trials and temptations we may feel overburdened, but when we count the blessing of Jesus’ sacrifice we receive strength to endure.
    4. **Hebrews 12:1-2** – When we count our blessings in Christ, and look to Him as the ultimate blessing, we are also looking to our source of strength!

**Conclusion**

1. We must understand the importance of counting our blessings, and giving God thanks for them.
2. He has given us all things that are good, and deserves our gratitude.
3. **Furthermore, when we count our blessings, and thank God for them, we will be encouraged and strengthened through this life to run this race successfully!**