

PRELIMS. These verses are associated with communion – but they were not written with communion in mind! It has a wide **application**

INTRODUCTION

This psalm of David is oozing with **energy**! He is so vibrant! He is ‘throbbing’ with excitement. He is **full** of gratitude to the Lord, he really wants to **demonstrate** his love for God! Do **you** know the feeling? If not, **why** not? As Xians we ought to feel the same! For the very **reasons** David wanted to thank God, **we too have** these very reasons!

Praising God is a wonderful occupation – it makes you **more** content and **happier**! It **helps** you **psychologically**! You know, some Xians feel ‘**down**’ a lot! I believe **1 reason** for that is we do **not praise** God enough! To be thankful **does** help us **psychologically**!

But **not only** psychologically, it **also** helps us **physically**! Well it did the Psalmist, look: “*your youth is renewed like the eagle’s*”[5b] Praising God is a **recipe** for staying young! David was **not the only** one who thought so – Isaiah “*those who hope in the Lord will renew their strength. They will soar on wings like eagles, they will run and not grow weary, they will walk and not faint*”[Isa 40:31]! It is not right to feel older than you are! Too many Xians have the ‘**Old Age Syndrome**’ and long for **retirement**! We are meant to **overcome** and not ‘give-in’ to lazy tendencies, and aspire to greater things! I have heard someone say re ‘Life begins at 40’, ‘You haven’t lived until your 60!’

The Psalmist here **realised** he was going thru an ‘Old Age Syndrome’ period - and got **out** of it! But **how** did he get **into** it? The same way, you/I/Joe Bloggs get into it! He tells us: ‘He **forgot** God’s **goodness** to him’! “*and forget not all His benefits*”[2]! He got ‘**used to**’ all the **daily benefits** that surrounded him! He took them for granted!

How did he **get out** of it? By doing what the **old hymn** says: ‘Count Your Many Blessings, name them one by one, and it will surprise what the Lord has done’! So before we look at **how** we can praise God, lets look at the **many blessings** David and **we** have!

5 GREAT BLESSINGS WE TAKE for GRANTED

Food & Drink! “*who satisfies your desires (mouth) with good things*”[5]. When was the last time you really didn’t know if you would have anything for tea? Did it **ever** happen to you? Tell, what determined the **place/family** you would be brought up in? God’s will! What prevented **you** from being one of those children we see on TV scrambling for 1 grain of rice? God’s goodness to you! Butter mountains, wine lakes! We go to the supermarket – our biggest problem? The **choice**, so many **varieties**! Not ‘Any bread left?’

Health & Strength! “*who heals all your diseases*”[3b]. Go to hospital, asylum and you will realise how healthy you are come back thankful! How many of us are in **real pain**? The amazing thing about the human body is **not** that we at times get ill – but that we are not ill **all the time** – there are so many complex organisms, and each interdependent on the other, the wonder is we live so long! If our **temperature** goes up 2 degrees we are in trouble! But God has built-in a self-recuperating system! A **cold** and **cut** heals itself!

When did you last say ‘Thank you Lord for my food & drink, my health and my strength, and for healing me from that cold and bruise I had last week’?

Freedom & Liberty! “*who redeems your life from the pit*”[4] How many of us live under **tyranny** where you have **no freedom** to rest, to read, watch TV or go out? To redeem is to ‘set free from boundaries’. Joseph was in a pit! In prison! Jeffrey Archer knows a little more about freedom now – because he was in prison! We, in the west, take our freedom for granted. Persecuted Xian brethren in Indonesia, Nigeria know about boundaries! They are watched day & night! Guards come and ask ‘What are you reading?’

Forgiveness of Sins! “*who forgives all your sins*”[3] “*He does not treat us as our sins deserve*”[10]. To think that we have sinned **deliberately/consciously** and yet God had forgiven – completely! How would you feel if God said, ‘for every sin, just **1 hour** in hell’? If what **Shor Cat** says is true ‘**Every** sin deserves God’s wrath and curse **both** in this life **and** in that which is to come’ is true, then 1 hour in hell is a **bargain!** Yet God does **not** do things by half! He redeems/forgives totally and not only saves us from hell but takes us to heaven as well!

To ‘**crown it all**’ **God Floods us with Love/Compassion!** “*and crowns you with love and compassion*”[4b]. Innumerable daily blessing too many to count! “*How vast the sum of them. Were I to count them they would outnumber the grain of the sands*”[Psa 139:18] “*You crown the year with Your bounty...Your carts overflow with abundance*”[Psa 65:11] We don’t just get a steak, potatoes – garnished with peppers, sauces, spices, trimmings! Not just a bed at night – an electric blanket! Not just a car – heater, air-conditioned, wipers – so different from horse-back! Not just 1st class post – telephone, email! Etc. We can’t just say ‘its man’s progress’ - **plenty people** today **without** them!

Yes – count your many blessings – it will make us thankful!

HOW to THANK GOD for HIS MANY BLESSINGS

Tell God how wonderful He is! “*O Lord my God You are very great*”[104:1] “*Praise the Lord*”[1] Thank Him **personally** for all His goodness to you! Look: “*When I look up into the heavens...What is man that You are mindful of him?*”[Psa 8:4] God is glorified when we praise Him. It is a **great sin** to refuse to praise God! Tell Him you **love** Him.

Tell Yourself about God’s wonderful works to you! **Remind** your self of all His benefits! The Psalmists were constantly ‘speaking to themselves’ (not Old Age Syndrome!) “*Why are you cast down, my soul?*”[Psa 42] “*Awake, my soul. Awake harp, lyre*” play a tune [Psa 57:8] “*How then can you say to me ‘Flee as a bird’*” [Psa 11:1]. Eli misjudged Hannah? So passionate about her concern - speaking to herself! We must **strengthen** ourselves by telling ourselves the **Truth!** “*Say to my soul ‘I am your salvation’*” [Ps 35:3] “*Do not put your trust in princes* (politicians)” [Ps146:3] Believe God instead!

Tell Others about God’s goodness to you. “*Give thanks to the Lord, call on His name, make known among the nations what He has done*”[Ps 105:1] People won’t mind it! It may even ‘draw’ them to the Saviour. “*publish among the nations*” Paul asked for prayer “*to open my mouth boldly to make known the mystery of the gospel*”[Eph 6:19] Why don’t we call on others to “*taste and see that God is good*”?[Ps 34:8] **Forget not!**