Transforming Gratitude: Remember Rightly
Psalm 103:1-14
October 26, 2025
Dr. Jonathan Lovelady

Psalm 103:1-14 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. (NIV)

Our Vision: Connect with Christ, Church, and Community

1. _____the fragile nature of gratitude

_____ limits: The days of humanity are as fragile as grass. As flowers, they blossom in the field, and the wind blows through them, then they are gone. It is as if they never existed!

Psalm 103:15-16 (JOT)

_____ consequences: We are all infected and impure with sin….Our sins, like the wind, sweep us away. Yet no one calls upon your name or pleads with you for mercy. Therefore, you have turned away from us and turned us over to our sins.

Isaiah 64:6a-7 (TLB)

2. _____ rightly for transforming gratitude

God _____: He redeems you from hell—saves your life! He crowns you with love and mercy—a paradise crown. He wraps you in goodness—beauty eternal. He renews your youth—you're always young in his presence. Psalm 103:4-5 (MSG)

God _____: This God is compassionate… long-suffering…he will not end things in anger…he does recompense us for our sins…as high as the heaven is above the earth, so is the might of the Lord's love. Psalm 103:8-10 (JOT)

God _____: As a good father has compassion on his children, the Lord has compassion for all of us. God knows everything that has molded us and remembers that we are dust and treasures in jars of clay! Psalm 103:13-14 (JOT)

3. _____ your spirit with God's strength

_____ with praise: Let all that I am praise the Lord; with my whole heart, I will praise his holy name. Let all that I am praise the Lord; May I never forget the good things he does for me.

Psalm 103:1-2 (NLT)

Spiritual Action Step:

Are you in a wilderness of criticism and fear? Are you wondering if God truly loves you? Do you long to find the source of hope beyond the fragile hope of our world? Jesus says: "Come to me all who are overwhelmed and overworked, and I will give you rest for your soul!" (Matthew 11:28 (JOT). Come to God by admitting that you need his help. Acknowledge your pride that prevents you from calling upon God. God wants to create a Psalm 103 moment in your life! This week, read Psalm 103 and 1 John 2 to sense how God can redeem you through the power of the Holy Spirit!

Translations: NIV: New International Version; JOT: Jon's Own Translation; TLB: The Living Bible; MSG: The Message; NLT: New Living Translation;