

**PAGE(S)  
MISSING**

## Sermon

*Delivered at First Baptist Church Madison, NJ on Sunday November 19, 2000 by  
Rev. Charles H. Smith*

**Text: Psalm 103: 1-2**

Bless the Lord, Oh my soul and all that is within me, Bless His Holy Name. Bless the Lord, O my soul, and forget not all his benefits.

**Subject: Is It Well With Your Soul?**

**Proposition: Gratitude is an Indicator as to the health of our Souls.**

- This sane and robust Psalmist has crossed many thresholds in his journey and now stops to take inventory.
- Psalm 42: As a hart pants after the water brook.
- He looks over the garden of his heart and finds many lovely flowers blooming there.
- However, there is one blossom call Gratitude, that he does not find growing in such profusion, as he desires.
- Therefore, he set himself deliberately to consider it. He refuses to allow his Soul (spirit) to become listless among God's amazing mercies. Soul - spark of divinity-Something within.
- The Psalmist refuses to blunder through life, as a blind man might blunder through an art gallery, never seeing anything to thrill him or bring him to his knees in thanksgiving.
- Therefore, the Psalmist takes charge of himself, rouses his drowsy soul into wakefulness by this urgent command.

O My Soul, You Glorify the Lord

- But for fear, he did not reach deep enough to encompass his whole being, he utters:

All that is within me : Forget not all his benefits

Mind - the seat of thought, Cognitive process

Heart – emotions and feelings

Will - Volition, faculty to choose

Personality – My total of qualities and traits  
where character is revealed

Forget not all his benefits

- I. It is evident that the poet believes that Gratitude Comes By Choice. He or she who really desires to be grateful can be. The Psalmist knew , just as we do, we could, if we so desire. deliberately cultivate the noxious weeds of:

Hatred, Malice, Jealousy, Ingratitude, Envy

- No one of us can keep house with ourselves, with any sort of understanding without understanding, without realizing that there is no weed so poisonous that we cannot grow in the Soil of Souls.
- But it is equally true: there is no rare flower of the spirit too lovely, or too beautiful for us to grow in the amazing soil of our souls.
- Therefore, if we wish to cultivate this fine flower of gratitude, we can, regardless of our circumstances.

- Gratitude is not lip service or rote memory or socially accepted rituals.
- If it is to be real, it must spring from the depths of our hearts.

**2.** The Psalmist choose to be grateful, commanded his soul,  
 Forget not all his benefits  
 David spells out the actions of God

- Who pardoned my sins
- Restored me in favor with God (relationship)
- Healed my diseases
- Rescued me from danger - even from the power of my enemies
- Saved (redeemed me) from hell and destruction
- Crowns my life, not with bitterness, but loving kindness and tender mercies.
- Who satisfies my mouth with good things, so that my youth is renewed like the eagles?

We don't have to remember all, just don't take for granted his blessings.

- We cannot ask God for new blessings until we recognize His old blessings.
- Unthankful people cannot pray, for they have no sense of the goodness of God.

O'Reilly

Thanks be to God, for roses rare,  
 For skies of blue and sunshine fair  
 For every Gift, I raise a prayer  
 Thanks be to God.

Thanks be to God for lovely night,  
 For mystic fields with stars bedight

For hours of dream and deep delight  
Thanks be to God.

Thanks be to God for love divine,  
The hopes that round my heart entwine;  
For all the joy that now is mine.  
Thanks be to God

### THANK YOU JESUS, You Have Brought Me a Mighty Long Way

#### II Not only does Gratitude Come by Choice, Gratitude Is the Water Level of Our response to God's Benefits

- Water level in the western signal growth or desert
- Gratitude is an indicator as to the health of our souls
- Gratitude Lifts high the Grace of God. (Sign)
- Gratitude is a mark of Christian Culture
- Grateful persons tend to be less selfish, sweet, and clothed with humility
- America sets aside Thanksgiving day out of a recognition of the Providential Arrangement of God –pursuit of Life, Liberty and Happiness
- America should remember, it remains on Probational Status –proving herself to be a blessing to the world

#### Moments When the Psalmist reached his high level of Gratitude

- 100: 4      Enter his gates with thanksgiving, and his courts with praise, and call upon the name of the Lord.
- 150:6      Let everything that hath breath, Praise the Lord
- 34:1      I will bless the Lord at all times; His praise shall continually BE IN MY MOUTH.
- 92:1      It is a good thing to give thanks unto the Lord
- 107:      O give thanks unto the Lord, for he is good: for his mercy endureth forever.

Paul Reminds Us

Ephesians 2:8 "Thanks be unto God for His Unspeakable Gift"

~~III~~ Gratitude Comes by Choice, Gratitude measures the Water Level of our Response to God's Goodness,

Gratitude is like Love, It Must Have Channels of Expression

- God is Love. Love cannot be contained
- Contained gratitude is ingratitude
- Ingratitude reveals unholy selfishness and discourages the giver
- Like 16: 20-25 Illustrate the Rich man and Lazarus . A story of *missed opportunity* to express thanksgiving to God by sharing ones blessings with others. (*Seeing each others through the eyes of God*)
- Is it well with your SOUL?

*When peace like a river, attendeth my way,  
When sorrows like sea billows roll  
Whatever my lot, Thou hast taught me to say,  
It is well, it is well with me soul.*

A healthy Soul becomes a part of all of God's creation. Listen to the healthy Souls of slaves praise God.

*Over my head, I hear music in the air, Over my head, I  
hear music in the air, Over my head, I hear music in the  
air, there must be a God somewhere.*

- Psalm 19 The heavens declare the glory of God, and the firmament sheweth His handiwork:
- 23 The Lord is my Shepherd, I shall not want:
- 24 The earth is the Lord's and the fullness thereof:
- 90 Lord Thou hath been our dwelling place in all generations:

Grateful people become a sign indicating the 'the kingdom of  
God is at hand.' Amen

NOTES