



Fall is flying by, and here we are - only a week away from Thanksgiving! Is anyone else wondering where all the time has gone? It is hard to believe that we are getting ready to prep the turkey and set the table for a big family gathering.

Thanksgiving is one of my favorite times of year because it causes me to step back and really think about who God is and how I relate to him in response to all that he has done for me. I would like to say that I walk around with an overwhelming sense of thankfulness all the time, but as much as I try, many days I fail to see the blessings around me. There are small ways that God smiles upon me each day, and much of the time, I am too preoccupied to take notice because I am busy worrying about the next thing. Sometimes, instead of living in thanksgiving, I come down with a bad case of thanks-amnesia!

In the past few years, God has taught me quite a bit about thanks-amnesia. If I am struggling to remember how to be thankful, the Holy Spirit always guides me one major direction - back to scripture! All through Psalms, the writers remind me to remember what God has done. One of my favorite passages is Psalm 103, which was written by David. It says:

**103** *Bless the LORD, O my soul, and all that is within me, bless his holy name!*

<sup>2</sup> *Bless the LORD, O my soul, and forget not all his benefits,*

<sup>3</sup> *who forgives all your iniquity, who heals all your diseases,*

<sup>4</sup> *who redeems your life from the pit, who crowns you with steadfast love and mercy,*

<sup>5</sup> *who satisfies you with good so that your youth is renewed like the eagle's.*

Did you catch what David says? The first instruction is to bless the Lord - that means praise Him! When I can't remember how to be thankful, the first thing I'm instructed to do is worship. I must worship God for who he is and not how I feel about my current circumstances.

The second verse reminds me to remember his benefits. When you enter the workforce, one of the things that you are always looking for is a benefit package. Before you take a job, you think about things like insurance, sick policy, and vacation days. Did you know that knowing and loving God comes with its own benefit package? It says in Psalm 103 to "forget not all his benefits." Then David begins to list them! God forgives, heals, and redeems. God crowns us with unshakeable love and mercy. And God satisfies us with good and renews us for each day.

I only shared the first 5 verses of Psalm 103, but there are 17 other verses that talk about God's benefits! If you are having a bit of thanks-amnesia, I would encourage you to open your Bible and remember. Start with Psalm 103, but don't stop there. Remember the gospel. The greatest reason to live with thanksgiving is Jesus...he died and rose again that we might have an eternal thanksgiving, worshipping our great God who loves us so very much!!

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. 1 Thessalonians 5:16-18

