Cultivating A Thankful Heart!

November 8, 2026
Scripture: Psalm 103:1-5, Christian Standard Bible (CSB)
Supporting Scriptures: Ephesians 1:3-2:10
Part 1: "Remember What God Has Done"

Context: This psalm is personal. David's life as shepherd, fugitive, warrior, and king gave him abundant reasons to praise the Lord. Psalm 103 rises from personal worship into a proclamation of God's mercy toward His covenant people.[1] Although Israel was sinful and failed, David found hope in his people's covenant relationship with the Lord; thereby, this psalm is one of celebration of deliverance. Hence, David calls upon his own heart to praise God for his many blessings and others to do likewise.

In this season of gratitude and thanksgiving, "Cultivating A Thankful Heart" invites us to remember the joy of our salvation and nurture a repentant heart, ready to receive the richness of God's Word.

Just as a gardener prepares, plants, and tends the soil, we continually cultivate our hearts. In Psalm 103:1–5, David directs his soul toward praise and recalls what God has done. As we practice that same remembrance takes root and begins to change how we see, how we live, how we give, and how we serve God, our families, our church, and our communities.

Beloved, the fruit of God's goodness is the way we show gratitude to others; it is an expression of thanksgiving that shapes our choices and responses. Moreover, it brings to our remembrance that God is the source of all our blessings.

Cultivation is an ongoing part of our spiritual formation. A garden is not cultivated once and then left alone; it needs continued attention.

Our Mission Statement

To love and serve God through Jesus Christ our Savior by the power of the Holy Spirit. To be committed to reshaping the lives of our families, our church, and our communities through *biblical worship, discipleship, and evangelism.*

[1] https://biblehub.com/study/psalms/103-1.htm.

Psalm 103:1-5 (CSB)

Reflect on Who Deserves Your Praise

My soul, bless the LORD, and all that is within me,
bless His holy name.

2 My soul, bless the LORD, and do not forget all His
benefits.

Recall His Deliverance

3 He forgives all your iniquity; He heals all your diseases.

4 He redeems your life from the Pit; He crowns you with
faithful love and compassion.

Recognize How God Sustains You

5 He satisfies you with good things; your youth is
renewed like the eagle.

A Word of Hope

"Grace is lovingkindness, favor, and mercy. It is God reaching down to lift us out of the pit of our own making."
— A.W. Tozer (*The Knowledge of the Holy*)