Count Your Blessings

Adam Willingham · Psalm 40:5

INTRODUCTION

- The title for this morning's lesson is Count Your Blessings. Just like the song that we just sang.
- Sometimes we need to feel good about our God and what he has done for us.
- Many, O Lord my God, are the wonders which you have done and your thoughts toward us. There is none to compare with you.

1 Name God's Blessings to Him

1 Thessalonians 5:18

- There are so many of God's blessings, we could talk about them all day.
- Is God's praise always on your lips? Even in simple answers such as, how are you doing? I'm blessed. God is good.
- Name God's blessings to Him. In everything, give thanks, for this is the will of God in Christ Jesus for you.
- List the blessings out when you are praising God. List the individuals out that you are giving thanks for.

2 Physical Blessings

Matthew 6

- How about life? I mean, that's a huge blessing, the very fact that you are alive.
- We want to name our blessings one by one. Slow down when you're praying.
- Sounds simple, doesn't it? Nothing's too trivial to be thankful for.
- The best way to do it is just think of them throughout the day as you experience them.
- God promises to meet our basic needs. But we have far more than that in this country.
- We've got to stop complaining, don't we? We've got to learn to be thankful, don't we, brethren?

3 Our Spiritual Blessings

Ephesians 1:3; Ephesians 1:18–19; Ephesians 3:14–19

- God chose us in Christ before the foundation of the world that we would be holy and blameless before him in love.
- We are adopted by God into his spiritual family, and therefore we have become children of God.
- We are blessed, Ephesians 1 and verse 3 tells us, with every spiritual blessing in the heavenly places in Christ.
- We receive God's mercy so that we don't get what we deserve, but we also receive God's grace, which means we do get what we could never earn, which is life, salvation.
- We have to obey. We have to meet the conditions for salvation. But we can never obey so much to save ourselves.

- I pray that the eyes of your heart may be enlightened. So that you will know what is the hope of his calling.

4 Three Benefits of Counting Our Blessings

Colossians 3:16

- First of all, it will surprise you what the Lord has done.
- It might just blow you away by realizing, man, I'm a lot more blessed than I thought I was.
- Secondly, you will be singing as the days go by. In other words, you will have cause to rejoice.
- You give me a singing person, and I'll give you someone who's thankful. And we sing because we're thankful.
- Thirdly, as the Psalm says, help and comfort give you to your journey's end.
- The Lord's loving kindnesses indeed never cease. For his compassions never fail. They are new every morning. Great is your faithfulness.

> THE CHALLENGE
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> **If you're not a Christian, I invite you to become one today.**

MY NOTES