Summary

This sermon is part of a series on gratitude during the Thanksgiving season. Pastor Ryan emphasizes that true gratitude is not just good manners or pretending everything is fine, but is deeply connected to the act of remembering. Drawing from Psalm 103, Deuteronomy 8, and the story of David, the message highlights how easy it is to forget God's goodness, especially when life gets hard or, surprisingly, when life gets comfortable. The pastor challenges the congregation to intentionally recall what God has done, shifting focus from a list of needs to a list of God's blessings. The sermon also connects gratitude to communion, noting that the very word "Eucharist" comes from the Greek word for thanksgiving. Just as Jesus gave thanks even on the night before His crucifixion, believers are called to trust God in the midst of pain and remember His faithfulness. The Holy Spirit is presented as a helper in this process, reminding us of God's promises and works so that our perspective can shift from despair to genuine, life-changing gratitude.

Intro Prayer

Heavenly Father, thank You for bringing us together today. As we open Your Word and discuss what it means to truly remember Your goodness, we ask that You quiet our minds and soften our hearts. Holy Spirit, remind us of all that You have done, and help us to be open to whatever You want to speak into our lives through this time together. May this conversation draw us closer to You and to one another. In Jesus' name, Amen.

Ice Breaker

What is one thing you are surprisingly good at remembering, and one thing you almost always forget?

Key Verses

- Psalm 103:1-5
- Deuteronomy 8:10-11
- Psalm 13:5-6

- John 14:26
- Luke 22:19-20

Questions

- Pastor Ryan said that 'gratitude starts with two words: don't forget.' Do you agree that remembering is at the heart of gratitude? Why or why not?
- Deuteronomy 8:10-11 warns the Israelites not to forget God once they are comfortable and well-fed in the promised land. In what ways do you think comfort and prosperity can actually make it harder to stay grateful?
- David wrote Psalm 103 as a way of preaching to himself, reminding his own soul not to forget God's benefits. Have you ever had to intentionally talk yourself back into a posture of gratitude? What did that look like?
- In Psalm 13, David cries out in real pain and despair, but then shifts to trust and praise by the end of the psalm. What do you think made that shift possible for him, and what can we learn from that for our own hard seasons?
- Pastor Ryan pointed out that the verbs in Psalm 103 (forgives, heals, redeems, crowns, renews) describe ongoing actions, not just past events. How does it change your perspective to think of God's grace and care as something He continues to do rather than something He did once?
- John 14:26 tells us the Holy Spirit will remind us of what Jesus has said. How have you experienced the Holy Spirit bringing a scripture, a memory, or a sense of God's presence to mind during a difficult time?
- Pastor Ryan said, 'Forgetting leaves you alone with your problems, but when we remember, it reminds us who is in the room with us.' Can you share a time when remembering God's past faithfulness helped you feel less alone in a current struggle?
- The sermon connected communion to the Greek word for thanksgiving, noting that Jesus gave thanks even on the night before His crucifixion. What does it mean to you personally that gratitude is not the absence of pain, but trusting God in the midst of it?

Life Application

This week, before you look at your phone or start your morning routine, take two or three minutes to simply say, 'God, thank You.' Then write down at least three specific things God has done for you, whether in the past or recently. Keep that list somewhere visible, like on your

bathroom mirror or phone lock screen, as a daily reminder not to forget His benefits. At the end of the week, reflect on whether this practice shifted your attitude or perspective in any noticeable way.

Key Takeaways

- Gratitude is directly connected to remembering. When we forget God's goodness, we lose joy, peace, and a thankful heart. Intentionally recalling what God has done is the foundation of a grateful life.
- Forgetting God is a danger in both hard times and comfortable times. Deuteronomy 8 warns that prosperity can cause us to forget God just as much as suffering can.
- We need to preach to ourselves, just as David did in Psalm 103, reminding our own souls of who God is and what He has done, even on our worst days.
- The Holy Spirit is our helper in remembering. We do not have to rely on willpower alone. God has given us His Spirit to remind us of His promises and works so we can remain grateful.
- Communion is a God-given memory tool. The act of taking the bread and the cup is a regular, tangible practice of remembering and giving thanks for what Jesus did on the cross for our forgiveness and salvation.

Ending Prayer

Lord, thank You for this time together and for the reminder that we are called to remember Your goodness. Forgive us for the times we have been so focused on our needs and our struggles that we forgot to look back and see all the ways You have been faithful. Help us to carry this practice of remembering into our week, to wake up with gratitude on our lips and Your goodness on our minds. Holy Spirit, remind us daily of who You are and what You have done. May our lives reflect the thankfulness we feel in this moment. We love You, and we trust You. In Jesus' name, Amen.