

A Ministry of Heartsway Baptist Church

WEEK NINE • A HEART OF GRATITUDE | TUESDAY

Remember His Benefits

Key Truth

Gratitude grows when we deliberately remember what God has done.

TODAY'S SCRIPTURE (KJV)

Psalm 103:2

"Bless the LORD, O my soul, and forget not all his benefits:"

Good Morning!

Good morning! Forgetfulness is one of gratitude's greatest enemies. We may remember yesterday's disappointment while overlooking years of God's mercy.

David speaks to his own soul and commands it to bless the Lord. He then remembers God's forgiveness, healing, redemption, lovingkindness, provision, and renewal.

Spiritual memory must be practiced. When we rehearse God's faithfulness, present troubles are placed within the larger testimony of His unchanging care.

Look back before you look ahead today. Remember prayers God answered, strength He supplied, sins He forgave, and people He sent. Let yesterday's faithfulness become courage for today's need and worship for today's journey.

TAKE FIVE CHALLENGE

Take five intentional minutes today.

1. **Read Psalm 103:1-5.**
2. **List three ways God has helped you.**
3. **Recall one answered prayer.**
4. **Spend five minutes blessing the Lord.**
5. **Share one testimony of God's goodness.**

SONG FOR THE JOURNEY

"Great Is Thy Faithfulness"
— Thomas O. Chisholm



The mercies of God arrive with every morning and give us fresh evidence that He has not changed.

SHARE THE BLESSING

Tell a younger believer about a season when God proved faithful. Your memory may strengthen their present faith.



PRAYER

Lord, keep me from forgetting Your benefits. Thank You for forgiveness, mercy, provision, protection, and daily grace. Bring Your past faithfulness to my remembrance and use it to strengthen my trust for every need I face today. Amen.

THE GOSPEL IN ONE VERSE



"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life."

John 3:16 (KJV)

PASTOR MIKE'S THOUGHT

A thankful heart keeps a faithful record of grace instead of an endless record of grievances.

TOMORROW'S TAKE FIVE

Week Nine • Wednesday • Gratitude in Prayer • Philippians 4:6 (KJV)

Walking with you in Christ,
Pastor Mike
Heartsway Baptist Church
Doing God's work, God's way, in Jesus' name!

Heartsway Baptist Church

© 2026 Take 5 with Pastor Mike. All rights reserved.
Take 5 with Pastor Mike is a ministry outreach of Heartsway Baptist Church. Permission is granted to share this devotional in its original, unaltered form for personal, church, and non-commercial ministry use.

Sharing God's Truth
Building God's People
Changing Lives