Thank you for .... (or Forget not All His Benefits) Psalms 103:2 Bless the LORD, O my soul, and **forget not all his benefits**,

#### Being

Exodus 3:14 God said to Moses, "I AM WHO I AM."

#### Being Good

Mark 10:18 Jesus said to him, ... No one is good except God alone.

Psalms 145:9 The LORD is good to all, and his mercy is over all that he has made.

#### Being Compassionate

Psalm 103:13 As a father shows compassion to his children, so the LORD shows compassion to those who fear him. 14 For he knows our frame; he remembers that we are dust.

#### Being Gracious, Merciful, Patient, and Loving

Psalms 145:8 The LORD is gracious and merciful, slow to anger and abounding in steadfast love.

#### Being a Refuge

Psalms 46:1 God is our refuge and strength, a very present help in trouble. Psalms 3:3 You, O LORD, are a shield about me, my glory, and the lifter of my head.

# Being my Redeemer

Psalms 78:35 They remembered that God was their rock, the Most High God their redeemer

#### Being King

Psalms 47:7 For God is the King of all the earth;

### Being my Helper

Psalms 54:4 God is my helper; the Lord is the upholder of my life.

#### Being my Shepherd

Psalms 23:1 The LORD is my shepherd; I have all that I need. 2 He lets me rest in green meadows; he leads me beside peaceful streams. 3 He renews my strength.

### Being Gracious, Righteous, and Merciful

Psalms 116:5 Gracious is the LORD, and righteous; our God is merciful.

### Being Love

1 John 4:8 God is love.

# Being Light

1 John 1:5 God is light, and in him is no darkness at all.

### Being Righteous and Kind

Psalm 145:17 The LORD is righteous in all his ways and kind in all his works.

# Being Faithful and Kind

Psalms 145:13b The LORD is faithful in all his words and kind in all his works.

# Being Great

Psalm 145:3 Great is the LORD, and greatly to be praised, and his greatness is unsearchable.

# Being Patient

2 Peter 3:9 The Lord ... is patient toward you, not wishing that any should perish,

# Not Changing

Malachi 3:6 "I, the LORD, do not change

# Creating me in your image

Genesis 1:27 God created man in his own image, in the image of God he created him; male and female he created them.

# Knowing me

Psalm 139: 14 I will give thanks unto thee; for I am fearfully and wonderfully made: Wonderful are thy works; And that my soul knows it very well. 15 My frame was not hidden from thee, When I was made in secret,

# Choosing me

Ephesians 1:4 He chose us in him before the foundation of the world,

# Adopting me as your child

Romans 8:15 you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!" 16 The Spirit himself bears witness with our spirit that we are children of God.

Ephesians 1:4-5 In love he predestined us for adoption as sons through Jesus Christ, according to the purpose of his will,

1 John 3:2 Beloved, we are God's children now,

Galatians 4:6 Because you are sons, God has sent the Spirit of his Son into our hearts, crying, "Abba! Father!"

# Liking me

Psalm 139:17 How precious also are thy thoughts unto me, O God! How great is the sum of them!

# Enjoying me

Psalm 149:4 The LORD takes pleasure in his people; he adorns the humble with salvation.

### Being for me

Psalms 56:9 This I know, that God is for me.

### Giving me a new heart

Ezekiel 36:26 I will give you a new heart, and a new spirit I will put within you.

### Crediting your righteousness to my account

Romans 4:20 yet, with respect to the promise of God, he did not waver in unbelief but grew strong in faith, giving glory to God, 21 and being fully assured that what God had promised, He was able also to perform. 22 Therefore IT WAS ALSO CREDITED TO HIM AS RIGHTEOUSNESS. 23 Now not for his sake only was it written that it was credited to him, 24 but for our sake also, to whom it will be credited, as those who believe in Him who raised Jesus our Lord from the dead, 25 He who was delivered over because of our transgressions, and was raised because of our justification.

### Clothing me in your righteousness

Isaiah 61:10 I will rejoice greatly in the LORD, My soul will exult in my God; For He has clothed me with garments of salvation, He has wrapped me with a robe of righteousness

### Understanding me

1 Chronicles 28:9 The LORD searches all hearts and understands every plan and thought.

### Seeing me

Isaiah 66:2 To this man will I look, even to him that is poor and of a contrite spirit, and that trembles at my word.

Hebrews 4:13 No creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

# Listening when I call

Psalms 55:17 Evening and morning and at noon I utter my complaint and moan, and he hears my voice.

### Being Near

Psalms 145:18 The LORD is near to all who call on him, to all who call on him in truth.

James 4:8 Draw near to God, and he will draw near to you.

# Walking with us in the dark valleys of life

Psalms 23:4 Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.

Giving me rest

Psalms 3:5 I lay down and slept; I woke again, for the LORD sustained me.

Psalms 4:8 In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety.

### Giving me joy

Psalms 3:7 You have put more joy in my heart than they have when their grain and wine abound.

# Holding us

Psalms 139:10 Your hand shall lead me, and your right hand shall hold me.

John 10:29 My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father's hand.

### Holding us up

Psalms 94:18 When I thought, "My foot slips," your steadfast love, O LORD, held me up.

### Healing our heart

Psalm 147:3 He heals the brokenhearted and binds up their wounds.

### Giving hope

Romans 15:13 May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

### Raising us up

Psalm 147:6 The LORD lifts up the humble;

Psalm 145:14 The LORD upholds all who are falling and raises up all who are bowed down.

### Sacrificing your son on our behalf

Romans 8:32 He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?

### Delivering us from evil

Matthew 6:13 Lead us not into temptation, but deliver us from evil.

# Loving the Son

John 15:9 As the Father has loved me, so have I loved you. Abide in my love.

# Loving us unceasingly

Lamentations 3:22 The steadfast love of the LORD never ceases; his mercies never fail; 23 they are new every morning; great is your faithfulness.

# Making us whole

1 Thessalonians 5:23 Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. 24 He who calls you is faithful; he will surely do it.

#### Leading us

Psalms 23:3 He leads me in paths of righteousness for his name's sake.

### Healing us

Psalm 103:3 Bless the LORD, O my soul, who heals all your diseases,

### Restoring our soul

Psalms 23:3 He restores my soul.

### Providing a wife

Proverbs 19:14 A prudent wife is from the LORD.

### Making us one flesh

Genesis 2:24 They shall become one flesh.

Matthew 19:6 So they are no longer two but one flesh.

### Giving children

Psalms 127:3 Behold, children are a gift of the LORD;

### Giving the Holy Spirit

Luke 11:13 How much more shall your heavenly Father give the Holy Spirit to them that ask him?

### Leading me by your Good Spirit

Psalms 143:10 Teach me to do your will, for you are my God! Let your good Spirit lead me on level ground!

Nehemiah 9:20 You gave your good Spirit to instruct them

# Sending the Holy Spirit

John 14:16 And I will ask the Father, and he will give you another Helper, to be with you forever

# Anointing and Sealing me with your Spirit

2 Corinthians 1:21 It is God who establishes us with you in Christ, and has anointed us, 22 and who has also put his seal on us and given us his Spirit in our hearts as a guarantee.

# Working all things together for our good

Romans 8:28 We know that to them that love God all things work together for good, even to them that are called according to his purpose.

Working in us

Philippians 2:13 God who works in you, both to will and to work for his good pleasure

# Making us more like Jesus

Romans 8:29 Those whom he foreknew he also predestined to be conformed to the image of his Son.

# Forgiving ALL our iniquity

Psalm 103:3 Bless the LORD, O my soul, who forgives all your iniquity,

# Removing our transgressions

Psalm 103:12 Bless the LORD, O my soul, for removing our transgressions from us, as far as the east is from the west

# Redeeming our life

Psalms 103:4a who redeems your life from the pit,

# Crowing us with love and mercy

Psalms 103:4b who crowns you with steadfast love and mercy,

# Satisfying us with good and renewing us

Psalms 103:5 who satisfies you with good so that your youth is renewed like the eagle's.

Psalm 145:16 You open your hand; you satisfy the desire of every living thing.

# Preserving us

Psalm 145:20 The LORD preserves all who love him,

# Taking the Initiative to reveal your love to you.

1 John 4:10 This is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins.

Romans 5:8 but God shows his love for us in that while we were still sinners, Christ died for us.