



2026.08.16 | Pastor James Dale

Talking to God When Life Is Good | Psalm 103

1. Remember All His Goodness

- *Name His gifts in prayer.*
- *Psalm 103:1–5; James 1:17*

2. Stop Bracing and Start Praising

- *Celebrate today's mercy with Him.*
- *Psalm 118:24; Psalm 126:1–3*

3. Don't Turn Gifts into Gods

- *Enjoy the gift. Trace it to the Giver. Surrender it back to Him.*
- *Psalm 16:2, 5–6, 11; Psalm 62:10; Psalm 73:25–26*

4. Remember Why Life Is Truly Good

- *Let every good gift lead you back to the goodness of God.*
- *Psalm 103:10–22*

Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits.

Psalm 103:1-2 ESV

A Prayer to Borrow When Life Is Good

Use the words of Scripture to notice, receive, enjoy, and follow God's gifts back to Him.

1. Notice and Name the Gift

➤ *"Bless the LORD, O my soul, and forget not all his benefits." Psalm 103:2*

➤ What goodness have you been overlooking?

"Father, thank You for _____

It came from Your open hand. Let remembering it awaken praise in me."

2. Receive Today's Mercy Without Fear

➤ *"This is the day that the LORD has made; let us rejoice and be glad in it." Psalm 118:24*

➤ What good gift or season have you been afraid to enjoy?

"Father, tomorrow belongs to You. Today, You have given me _____.

Keep fear of what might happen from stealing the joy of what You are doing now."

3. Enjoy the Gift Without Worshiping It

➤ *"I say to the LORD, 'You are my Lord; I have no good apart from you.'" Psalm 16:2*

➤ Is there a good gift you are asking to carry too much of your identity, security, or hope?

"Lord, this gift is good: _____.

But You are my portion. Help me enjoy it, trace it to You, and surrender it back to You."

4. Remember Why Life Is Truly Good

· *"But the steadfast love of the LORD is from everlasting to everlasting on those who fear him, and his righteousness to children's children." Psalm 103:17*

Which truth from Psalm 103:10–18 does your heart need to remember today?

"Father, You do not treat me as my sins deserve. You remove my sin, show me compassion, remember my weakness, and love me forever. When gifts change, remind me that You remain."