

Valley Church Sermon Notes...

August 17, 2014

Speaker: Alvin Koh Relleve

Topic: "The joy of living is in thanksgiving!"

Text: Psalm 103:1-5 (ESV)

I. Introduction:

1. Giving thanks **blesse**s the person who is thanked and **transform**s the person who gives thanks.
2. Thanksgiving = Greek "Eucharistia", "Charis" means grace, "Chairo" means to rejoice
3. The "One-minute Praising!"

II. Forget not God's Five **Blessed Benefits**

A. His Benefit of PARDON

- Who forgives all your iniquities

B. His Benefit of HEALING

- Who heals all your diseases

C. His Benefit of DELIVERANCE

- Who redeems your life from the pit

D. His Benefit of CORONATION

- Who crowns you with steadfast love and mercy

E. His Benefit of SATISFACTION

- Who satisfies you with good so that your youth is renewed like the eagle's

III. Conclusion

The joy of living is Thanksgiving!

THANKING GOD must be a never-ending habit and PRAISING GOD must be the essence of living. Whatever you do, wherever you are, in any condition or circumstance- whether good or bad, in your best or in your worst, and with every breath you take, let your attitude be that of gratitude to the Lord, forever and ever, AMEN.