DON'T FORGET WHAT GOD HAS DONE

Series: The Grateful Life – Week 1
Pastor Nestor Flores
Sunday, October 25, 2026

"Let all that I am praise the LORD; with my whole heart, I will praise his holy name. [2] Let all that I am praise the LORD; may I never forget the good things he does for me. [3] He forgives all my sins and heals all my diseases. [4] He redeems me from death and crowns me with love and tender mercies. [5] He fills my life with good things. My youth is renewed like the eagle's!" Psalm 103:1-5 (NLT)

To Live A Grateful Life

1. Remind Your Heart Of **Who It Is Prone To Forget**

*"Let all that I am **praise** the LORD; **with my whole heart**, I will praise his holy name." Psalm 103:1 (NLT)*

2. Remember The **Mercy Behind Your Story**

*"He **forgives** all my sins and **heals** all my diseases. [4] He **redeems** me from death and **crowns** me with love and tender mercies." Psalm 103:3-4 (NLT)*

A. He Forgives — Remember The **Sin He Has Forgiven**.

*"He is so rich in kindness and grace that he **purchased our freedom with the blood of his Son** and forgave our sins." Ephesians 1:7 (NLT)*

B. He Heals — Remember The **Care He Has Given Your Body**.

C. He Redeems — Remember His **Power to Rescue**.

D. He Crowns — Remember the **Love With Which He Receives You**.

3. Recognize The Goodness That Is **Sustaining You Today**

*"**He fills my life with good things**. My youth is renewed like the eagle's!" Psalm 103:5 (NLT)*