

In the red hymnals, there's a well-known song called "Count Your Blessings". All the verses describe experiencing tough life experiences, and how counting your blessings will help you to see those experiences from a heavenly perspective.

But the idea in the chorus of the song is the key idea. It says, "Count your blessings, name them one by one."

Let's do that for a few minutes today. I'm going to name some areas that you might count as blessings from God. Consider them for a moment after I say each one.

Family members who encouraged and inspired you as you grew up. God set that up.

People and situations that led you to the jobs you've had. God set that up.

Circumstances and people that led you to your best friend. God set that up.

Circumstances and people that led you to your spouse. God set that up.

Circumstances and people that led you to becoming a Christian. God set that up.

People who supported you in times of trouble or challenge. God set that up.

People or songs or sermons or Bible verses that encouraged or challenged you to change. God set those up.

Your family—parents, siblings, children, cousins, nieces/nephews, aunts/uncles, grandchildren. God gave you those.

Your health—you're alive today. God gave you that.

A character in a book I read sat every evening in a chair looking out over a lake.

Another character asked him what he was doing as he sat there looking at the lake. He said, "I'm doing my sums." His "sums" were him counting his blessings. For this man, it was a daily activity, a chance for him to reflect on all the good things of his life.

We have so much to be thankful for.

God provided us with a Savior

Gal. 4:4-5: *"But when the fullness of the time came, God sent forth His Son, born of a woman, born under the Law, so that He might redeem those who were under the Law, that we might receive the adoption as sons."*

Jesus left heaven to come to Earth

John 6:38: *"For I have come down from heaven, not to do My own will, but the will of Him who sent Me."*

Jesus willingly went to the cross to die for our sins

Phil. 2:8: *"Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross."*

Jesus sent the Holy Spirit to live inside us, and to teach and guide us.

John 14:16-17: "I will ask the Father, and He will give you another Helper, that He may be with you forever; that is, the Spirit of truth, whom the world cannot receive because it does not see Him or know Him, but you know Him because He abides with you and will be in you."

Jesus is constantly interceding for us before the father.

Heb. 7:25: *"Therefore He is able also to save forever those who draw near to God through Him, since He always lives to make intercession for them."*

James 1:17 summarizes all our blessings so well: *"Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow."*

The full chorus to "Count Your Blessings" says, "Count your blessings, name them one by one; count your many blessings, see what God has done."

We have so many blessings to thank God for today, beginning with Jesus.

Let's pray.