

**Sermon Series: "Following Doctor's Orders"**

**Message Summary:** Thanksgiving is a form of *praise* where I respond to God because of what he has **done for me**. *Worship* is where I respond to God for who **He is to me**. "Bless the Lord, oh my soul and forget not all of his benefits". You won't be able to remember all of God's benefits but don't forget them all either. Count them, enumerate them, I challenge you to go make a list. You'll be there a while. May God give us a grateful heart leading us to health and wholeness.

## **A Grateful Heart & Healing**

Psalm 103

- 1. The Response to God's benefits vv.1,2**
- 2. The Recollection of God's benefits vv.3-5**
- 3. The Recalls of God's benefits vv.6-18**
- 4. The Range to God's benefits vv.19-22**

**LifeGroup Questions:**

BEGIN IT (5min) – Time spent in praise and opening prayer.

OPEN IT (10min) – How would you react if you were suddenly healed from a disease or sickness?

EXPLORE IT (60min) – Read Psalm 103 and review Sunday's sermon outline together as a group. Stop at each point allowing people to share their additional comments or notes taken while listening to the sermon. Now answer these questions:

1. How does God want you to respond to the work He performs in your life?
2. What prevents us from praising the Lord for His blessings/benefits?
3. When have you ever failed to thank the lord for something He did for you?
4. What should we do when we need physical or spiritual healing from the Lord?

APPLY IT (15min) – About what will you praise/thank the Lord more faithfully this week that you have neglected to notice in the past?