

# Count Your Blessings

- Recognizing God's Blessings
- Expressing Gratitude
- Overcoming Challenges
- Sharing Blessings

The hymn "**Count Your Blessings**", which is also the title of the lesson, reminds us of the importance of gratitude, encouraging us to reflect on God's goodness in our lives.

The lyrics,

- "Count your blessings, name them one by one,  
and it will surprise you, what the Lord hath done,"

encourages us to pause and acknowledge, the countless ways, which God has blessed us.

This lesson explores key areas, where God has shown His goodness and teaches us how to respond with gratitude and trust in Him.

By counting our blessings, we strengthen our faith, find joy in life's challenges, and become a source of encouragement to others.

In our busy lives, we often overlook the many ways, God enriches us, from the breath we take, to the relationships we hold dear.

## I. Recognizing God's Blessings

...is the foundation of a grateful heart.

The Bible says,

- "For every house is builded by some man; but He that **BUILT all things IS God.**" ([Heb.3:4](#))
- "Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning." ([Jas.1:17](#))

These verses remind us, that God is the ultimate source of all good things, encouraging us to recognize His hand, in every blessing.

Life is an awe-inspiring gift from God, reflecting His power and desire, for our existence.

### A. The Blessing of Life

... is a reminder of His love and provision.

God's creation of mankind, highlights the gift of life itself.

The Bible says,

- "So God **CREATED man in His own image**, in the image of God, **CREATED** He him; male and female **CREATED** He them." ([Gen.1:27](#))
- "**the LORD God, FORMED man of the dust of the ground**, and **BREATHED into his nostrils, the breath of LIFE**; and man became a Living SOUL." ([Gen.2:7](#))
- The Psalmist said, "I will **PRAISE** Thee; for I am **Fearfully and Wonderfully MADE: MARVELLOUS are Thy works...**" ([Psa.139:14](#))

Life is both a divine gift, and a testimony of God's power and love.

Family, represents one of God's most beautiful designs, which is a source of love, strength, and joy.

## B. The Blessing of Family

...It is a reflection of God's relational nature.

- "Whoso findeth a wife findeth a good thing, and obtaineth favour of the Lord." ([Prov.18:22](#))

The psalmist highlights the blessing of children, as part of family life.

- "Lo, children are an **HERITAGE of the LORD**: and the fruit of the womb is his reward." ([Psa.127:3](#))
- "Children's children are the crown of old men; and the glory of children are their fathers." ([Prov.17:6](#))
- "For this cause I bow my knees unto the Father of our Lord Jesus Christ, Of Whom the whole **FAMILY** in heaven and earth is Named," ([Eph.3:14-15](#))

Speaking of the Spiritual, adopted family, Jesus said unto the Heavenly Father,

- "And the glory which Thou gavest Me, I have given them; that they may be one, even as We are ONE: I in them, and Thou in Me, that they may be made perfect in ONE; and that the world may know that Thou hast sent Me, and hast loved them, as Thou hast loved Me." ([Jn.17:22-23](#))

Family life, is a sacred blessing, and an opportunity to honor God, in that blessing.

- Joshua said long ago, "as for me and my **HOUSE**, we will **serve the Lord**." ([Josh.24:15b](#))

God's faithful provision, meets not only our physical needs, but also our emotional and spiritual needs.

## C. The Blessing of Daily Provision

... reminds us of His unchanging nature.

Paul reminds us of God's provision for every need.

- "my **God shall SUPPLY** all your need, according to **His riches** in glory, by Christ Jesus." ([Phil.4:19](#))
- "The eyes of all, wait upon Thee; and Thou givest them their meat, in due season." ([Psa.145:15](#))

God's provision is timely and abundant, meeting all our needs.

Gratitude is more than a feeling—it's a practice that deepens our connection to God.

## II. Expressing Gratitude

... reminds us of God's faithfulness, and brings joy to our worship.

- "Rejoice in the Lord always: and again I say, Rejoice." ([Phil.4:4](#))
- "In every thing give thanks: for this is the will of God IN Christ Jesus concerning you." ([1Thess.5:18](#))

These passages encourage us to maintain an attitude of joy and gratitude, which is foundational to worship and prayer.

Worship glorifies God ([Eph.3:21](#)), and enables us to express our heartfelt thanks, for God's blessings.

## A. Gratitude in Worship

... draws us closer to Him, and fills our hearts with joy.

The psalmist invites us, to express thankfulness in worship.

- "Enter into his gates with **THANKSGIVING**, and into his courts with **PRAISE**:  
**Be THANKFUL** unto Him, and **BLESS** His Name." ([Psa.100:4](#))
- "Let everything that hath breath, **PRAISE** the LORD. **PRAISE** ye the LORD." ([Psa.150:6](#))

The Hebrew writer said,

- "Let us be **GRATEFUL** for receiving a kingdom, that cannot be shaken,  
and thus let us **OFFER to God acceptable WORSHIP**, with reverence and awe." ([Heb.12:28](#) ESV)

Expressing Gratitude, is Counting Our Blessings, in action.

## B. Gratitude in Prayer

... transforms into an intimate acknowledgment, of God's love and provision.

Paul encourages believers to give thanks, in all circumstances.

- He said, "In every thing give **THANKS**: for this is the will of God,  
**IN** Christ Jesus concerning you." ([1Thess.5:18](#))
- "Continue in **PRAYER**, and watch in the same, with **THANKSGIVING**." ([Col. 4:2](#))

Gratitude in prayer, strengthens our relationship with God.

Expressing Gratitude, should include...

## C. Gratitude in Service

...which shows our acknowledgment of God's blessings through our work.

Paul reminds believers to work with gratitude, as unto the Lord.

- "whatsoever ye **DO**, do it heartily, **AS to the Lord**, and **NOT unto men**;  
knowing that OF the Lord, ye shall **RECEIVE** the reward of the inheritance:  
for ye **SERVE** the Lord Christ." ([Col.3:23-24](#))
- "**Serve the LORD** with **GLADNESS**: come before His presence with SINGING." ([Psa.100:2](#))

Service done with gratitude, glorifies God and reflects His love.

The lesson is entitled "**Count Your Blessings**".

We've looked at "Recognizing God's Blessings", and "Expressing Gratitude".

Now let's consider,

### III. **Overcoming Challenges by Counting Our Blessings**

**Life's DIFFICULTIES** can cloud our vision of **God's GOODNESS**.

But we **Can FIND** strength, peace, and joy, even in adversity.

- Jesus said, "These things I have spoken unto you, that **IN Me** ye might have **PEACE**. In the world, ye shall have tribulation: but Be of **Good CHEER**; I have **OVERCOME** the world." ([Jn.16:33](#))

This verse assures us, of Christ's victory over adversity, encouraging us to trust Him, through our challenges.

Even when life feels uncertain or challenging, God's Word is complete, and filled with hope.

#### A. **Trust in God**

...brings peace amidst trials.

God assures, of our welfare and gives hope.

- "For I know the **THOUGHTS** that I think toward you, saith the LORD, thoughts of PEACE, and **NOT** of evil, to **GIVE** you an **Expected END**." ([Jer.29:11](#))
- "**COMMIT** thy way unto the LORD; **TRUST** also **IN Him**; and He shall **BRING** it to pass." ([Psa.37:5](#))
- Job said, "Though He slay me, yet will I **TRUST in Him**:" ([Job 13:15a](#))

Trusting God and His Word, assures us that His way is for our good.

Trials can feel overwhelming, but they also, can be opportunities for spiritual growth.

#### B. **Finding Joy in Trials**

...remind us, of God's presence and blessings, even in hardship.

James said,

- "My brethren, count it all JOY, when ye fall into divers TEMPTATIONS; knowing this, that the trying of your FAITH, worketh PATIENCE." ([Jas.1:2-3](#))
- "**BLESSED** is the man that **ENDURETH** temptation: for when he is TRIED, he shall receive the **Crown of LIFE**..." ([Jas.1:12](#))

Reflecting on blessings, helps us remain joyful, even in challenging times.

**Thanksgiving** has the power to replace anxiety, with **God's PEACE**.

It anchors our hearts, in trust and gratitude.

### C. Peace through Thanksgiving

Is possible!

Gratitude brings peace that surpasses understanding.

- “Be careful for **NOTHING** (that is, DON'T worry);  
but **in Every thing**, by prayer and supplication, with **THANKSGIVING**  
**Let your REQUESTS**, be made known unto God.  
And the **PEACE of God**, which passeth all UNDERSTANDING,  
shall **KEEP** your hearts and minds, through Christ Jesus.” ([Phil.4:6-7](#))
- “Great **PEACE**, have they which **LOVE** Thy law: and **NOTHING** shall offend them.” ([Psa.119:165](#))

Thankfulness in prayer, can replace anxiety with God's peace.

Someone has rightly said, “Do the best you can, and leave the rest to God”.

The lesson is entitled “Count Your Blessings”.

We've looked at "Recognizing God's Blessings", "Expressing Gratitude",  
and "Overcoming Challenges by Counting Our Blessings".

Let's now consider,

## IV. Sharing Blessings

...which reflects God's generosity, and inspires faith in those around us.

Our blessings are not meant to be hoarded, but shared.

- “**Freely ye have received, freely give**.” ([Matt.10:8b](#))

This verse reminds us, that the blessings we receive from God,  
are meant to be shared generously with others.

Generosity, mirrors God's love.

### A. Blessing Others through Generosity

...acknowledges God's blessings, and extends them to others.

Paul calls Christians to give generously, thoughtfully, and joyfully,  
seeing that GIVING, mirrors God's selfless love and grace (Jn.3:16)  
and GIVING, is a privilege to share in God's work.

- “Every man according as he PURPOSETH in his heart, so let him **GIVE**;  
**NOT grudgingly, or of necessity: for God LOVETH a cheerful GIVER**.” ([2Cor.9:7](#))
- “**GIVE**, and it shall be **GIVEN** unto you;  
good measure, pressed down, and shaken together, and running over...” ([Lk.6:38](#))

Sharing our blessings, reflects God's generous nature.

## B. Encouraging Others through Example and Influence

...is a powerful way to inspire faith and gratitude in others.

The Bible says,

- “**COME** and **HEAR**, all ye that fear God, and I will **DECLARE** what He hath done for my soul.” ([Psa.66:16](#))

In the 1<sup>st</sup> century,

- “they **OVERCAME** him (the devil), by the **BLOOD of the Lamb**, and by the **WORD of their testimony...**” ([Rev.12:11](#))

Paul told Timothy,

- “Let no man despise thy youth; but be thou an **EXAMPLE of the believers**, in word (or speech) , in conversation (or conduct) , in charity (or love), in spirit (or attitude), in faith, in purity.” ([1Tim.4:12](#))

A legacy of blessings through Example and Influence, encourages faith and gratitude in others, to glorify God.

The greatest way to share blessings is through love.

## C. Loving Others as Christ Loves

...reflects God’s ultimate gift to us.

Jesus commands us to love one another as He loves us.

- “A new commandment I give unto you, That ye love one another; **AS** I have **LOVED** you, that ye also love one another. By this, shall all men **KNOW** that ye are My disciples, **IF** ye have **LOVE** one to another.” ([Jn.13:34-35](#))
- “This is My commandment, That ye **LOVE** one another, **AS** I have **LOVED** you.” ([Jn.15:12](#))

Truly, Love demonstrates God’s blessings in action.

## V. IN-CLOSING

As we count our blessings, we are reminded of God’s immense love and provision for us.

May we live with hearts of gratitude, sharing His blessings with others, and trusting Him to continue His faithfulness, in all areas of our lives.

If you have a spiritual **NEED**,  
**The Lord INVITES**, and we await to assist.

Won’t you **COME...**  
to the Lord, believing ([Heb.11:6](#)), repenting ([Lk.13:3](#)), confessing ([Acts 8:37](#))  
and Be Baptized INTO Him ([Gal.3:26-27](#); [Mk.16:16](#); [Acts 22:16](#))?

...While **TOGETHER** we stand and sing.