

4Ps OCTOBER 11, 2026

THE BLESSINGS WE FORGET

PRECEPT

Psalm 103:2-5

[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 ransoms me from hell and crowns me with love and tender mercies.[5] He fills my life with good things.

PROMISE

We often recognize God's goodness when He answers a major prayer, but His blessings extend far beyond those extraordinary moments. Every day, He blesses us with life, strength, provision, loved ones, forgiveness, and hope. Yet, because these blessings come day after day, it's easy to treat them as ordinary and forget to praise the One who gave them. These blessings aren't small just because they're part of everyday life. They're gifts from God—but because they're familiar, we can stop noticing them.

REMEMBER GOD'S GOODNESS —AND PRAISE HIM. As we practice remembering, we train our hearts to recognize God's goodness in our everyday lives. Like David, we can intentionally recall what God has done and respond with praise, not because our praise makes God good, but because He is good and worthy of our praise. Before the day gets busy, take a moment to name three things God has given you. They don't have to be extraordinary—another day of life, strength for today, a meal, a friend, or a moment of peace. Thank Him for each one. The more we learn to recognize His goodness, the more our hearts will naturally respond with praise.

REMEMBER GOD'S MERCY—HE FORGIVES, RESTORES, AND RESCUES. He offers mercy and brings us back into relationship with Him. God does not leave us trapped in our sin and guilt; instead, He invites us to come to Him and receive His forgiveness. We may be grateful for food, family, strength, and provision, but one of God's greatest gifts is forgiveness. When we sin, we don't have to hide from God. We can confess honestly, receive His forgiveness, and take the next step toward Him. That's why we must never take His forgiveness for granted. When we lose the joy of being forgiven, we can also lose the motivation to grow and serve Him. Along with His mercy and forgiveness, David also praises God as the One who heals. We can bring our sickness and pain to Him, trusting that He cares for us and is able to heal.

REMEMBER GOD'S PROVISION—HE SATISFIES AND RENEWS. God is generous and faithful, providing us with what we need. This doesn't mean we'll receive everything we want or that life will always be easy, but when we take time to remember what God has done, we find countless reasons to praise Him, even in the middle of everyday life. We begin to notice the many ways He cares for us. Sometimes, these blessings are simple: food on the table, a warm place to come home to, or strength for today. Other times, they come through the joy of serving, the comfort of God's forgiveness, a moment of peace, or a friend who stands beside us during a difficult season. As we learn to recognize these blessings, we're reminded of God's faithfulness and have even more reasons to thank and praise Him.

Gratitude means remembering that God is still good, still merciful, and still with us. When we take time to remember His goodness, mercy, and provision, we learn to see His hand in both the extraordinary moments and the ordinary days of life.

PRACTICE

1. **Thanksgiving.** What is one thing that you have right now that you often take for granted or used to be really thankful for, but now barely notice?

2. **His blessings.** Which of these three areas—God's goodness, mercy, or provision—is easiest for you to recognize? Which is hardest to remember, and why?

PRAYER

I. Community
• Pray for safety and may His presence and love be felt in our communities.

II. North life groups
• Pray for these couples as they lead; Ocampo, Ico & Gumasing.

III. East life groups
• Pray for the Padilla couple as they lead the South group.

IV. South life groups
• Pray for the Drapeza couple as they lead the South group.

V. West life groups
• Pray for these couples as they lead; Oliveros, Fabregas & Padilla.

VI. Circles
• Pray for the Core & Subcore as they lead Circles youths and young pros.

VII. Life groups
• Pray for the formation of more life groups for God's glory.