

# *Gratitude*

- Pleasant, ennobling, and unselfish emotion
- A combination of warmth, joy, appreciation, and indebtedness because of the help of another.
- Usually created spontaneously by an emergency that someone helped us overcome or remove.
- It can quickly turn a stranger into a friend
- Strengthens feelings of devotion and affection toward those we know and love.

# Gratitude


- Can it be generated by our own mind?
- Some can and some can't.
- *For since the creation of the world His invisible attributes are clearly seen, being understood by the things that are made, even His eternal power and Godhead, so that they are without excuse, 21 because, although they knew God, **they did not glorify Him as God**, nor were **thankful**, but became futile in their thoughts, and their foolish hearts were darkened. Rom 1:20-22*

# Gratitude

- *Bless the Lord, O my soul Ps. 103:1-5*
- *And all that is within me*
- *bles His holy name!*
- *forget not all His benefits*
- *forgives all your iniquities*
- *heals all your diseases*
- *redeems your life from destruction,*
- *crowns you with lovingkindness / mercies*
- *Who satisfies your mouth with good things*
- *Through our memory we can recreate it.*



# Be Thankful to Him

- *“Make a joyful shout to the LORD, all you lands! 2 Serve the LORD with gladness; come before His presence with singing. 3 Know that the LORD, He is God; it is He who has made us, and not we ourselves; we are His people and the sheep of His pasture. 4 Enter into His gates with Thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name. 5 For the LORD is good; his mercy is everlasting, and His truth endures to all generations” Ps. 100:1-5*
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# God's Warning

- *When you have eaten and are full, then you shall bless the Lord your God for the good land which He has given you. "Beware that you do not forget the Lord your God... 12 lest — when you have eaten and are full, and have built beautiful houses and dwell in them; 13 and when your herds and your flocks multiply, and your silver and your gold are multiplied, and all that you have is multiplied; then you say in your heart, 'My power and the might of my hand have gained me this wealth.' 18 "And you shall remember the Lord your God, for it is He who gives you power to get wealth, Deut 8:10-18*



# The Parameters are Set

- We can “*not forget all His benefits*”
- We can say “*my power and the might of my hand have gotten me this wealth.*”
- It is obvious which way America has turned.
- Will we follow them or “*remember the Lord your God, for it is He who gives you power to get wealth?*”
- We know which direction we are in by how well we fulfill the commands to be grateful.

# Saying “Please” and “Thank You”

- Training Children: “Please” “Thank You”
  - ◆ Expressed to be felt
  - ◆ Taught the meaning of gratitude.
  - ◆ Never take things for granted!
- People appreciate being thanked!
- So does God!

# God is concerned!



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- Gratitude is a critical emotion!
- He seeks to train us
- Are we listening?
- A constant sense of indebtedness and appreciation for His gifts!



# God Seeks to Protect from Apathy

- *Giving thanks* *always* for *all things* to *God the Father in the name of our Lord Jesus Christ, *Eph. 5:20**
- “*Please*” and “*Thank you*” a part of every prayer.
- We are not entitled. We have been blessed and should act like it.
- Nothing we have is ours.

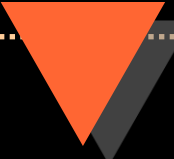

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- *And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him. Col 3:15*
  - To accomplish this we must always be aware of these truths.
  - Forcing ourselves to verbalize them will keep us from becoming selfish and self-centered.
  - As much as this has become a part of our culture, we must be acutely aware of this danger.
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# This is God's Will for Us!!!

- *pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you. 1Th 5:17-18*

# God's Warning

- *Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name. Heb 13:15*
- God can't get any clearer than this!!
- We either ignore to our peril/disobedience.
- We obey to do the will of God, to protect ourselves and give God the glory He deserves

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- *Giving thanks always for all things*
  - *continually offer the fruit of lips giving thanks*
  - *be thankful...* *giving thanks*
  - *18 in everything give thanks; for this is the will of God*
  - **ARE WE?**
  - **Are we prepared to make this a priority and keep watch over it.**
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# Gratitude Changes Everything!

- Worship:
- Songs
- Prayers
- Communion
- Giving
- Preaching
- Become more powerful and enjoyable with Gratitude

# Without Gratitude

- *For even though they knew God, they did not honor Him as God, or give thanks; but they became futile in their speculations, and their foolish heart was darkened. Rom 1:21*

# Are We Thankful?

**How is such gratitude created?**

## **Spontaneous Gratitude**

|                           |                             |
|---------------------------|-----------------------------|
| <i>Birth of Child;</i>    | <i>Health after illness</i> |
| <i>Great blessings</i>    | <i>Answered prayer</i>      |
| <i>Salvation from Sin</i> | <i>Escape from death</i>    |

## **Planned Gratitude**

|                          |                          |
|--------------------------|--------------------------|
| <i>for a meal</i>        | <i>for good Health</i>   |
| <i>For our blessings</i> | <i>for promises kept</i> |



# Sharing Moments


- **We enjoy it more if we share it!**
- **Serenity and awe at the ocean, mountains, in a sunset**
- **The scent and color of a flower**
- **A great meal**
- **The exhilaration of a challenge**
- **God wants us to share these with Him.**

# **Are We Thankful?**

**When we accept the gifts, but stop short of praise and thanksgiving, we cheat God of our gratitude.**

**we cheat ourselves out of the joy and warmth it brings.**

**It is during these quiet moments of sincere praise that we learn true reverence, respect and awe of His Holy name.**

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