

Developing A Heart of Thanksgiving

1 Chronicles 16:34; Ephesians 5:18-20; Various Scriptures

Introduction:

“Would you know who is the greatest saint in the world? It is not he who prays most or fasts most; it is not he who gives most alms or is most eminent for temperance, chastity, or justice; but it is he who is always thankful to God, who wills everything that God wills, who receives everything as an instance of God’s goodness and has a heart always ready to praise God for it. Could you therefore work miracles, you could not do more for yourself than by this thankful spirit, for it turns all that it touches into happiness.” -William Law

Law makes a great point. When you see God at work and respond to what he is doing with thankfulness instead of resistance, you will develop many other virtues he describes.

Just like the acquisition of most virtues, you can’t instantly become thankful. You only become thankful when you habitually practice gratitude in your life.

- 1. Practice Giving Thanks to God Regularly. (Ephesians 5:20)**
- 2. Give Thanks Regardless of The Circumstances. (1 Thess. 5:18; Romans 8:28)**
- 3. Praise God When All Is Well. (Examples from the Psalmists)**
- 4. Strive To See How Bad Circumstance May Produce Good Results. (Gen. 42; 50:20)**
- 5. Make Thanksgiving A Part of Your Relationships.**

“To appreciate means to raise in value. That’s not only true of things, it’s true of people. When you appreciate somebody, you literally raise their value. We ought to appreciate people because it increases their self worth.” -Rick Warren

6. Embrace The Strength Giving Thanks Provides.

Thanksgiving is a superpower. It enables us to see past our experiences and embrace how God is moving. Not only are thankful people able to draw strength from gratitude, but they're also able to empower others with their perspective as well.

Conclusion:

"I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder." G.K. Chesterton

"Feeling gratitude and not expressing it is like wrapping a present and not giving it." William Arthur Ward