

THE POWER OF GRATITUDE

“Thankfulness: The Foundation for a Fruitful Life”

(I Thessalonians 5:12-18)

“We ask you, brothers, to respect those who labor among you and are over you in the Lord and admonish you, 13 and to esteem them very highly in love because of their work. Be at peace among yourselves. 14 And we urge you, brothers, admonish the idle, encourage the fainthearted, help the weak, be patient with them all. 15 See that no one repays anyone evil for evil, but always seek to do good to one another and to everyone. 16 Rejoice always, 17 pray without ceasing, 18 give thanks in all circumstances; for this is the will of God in Christ Jesus for you. 19 Do not quench the Spirit. 20 Do not despise prophecies, 21 but test everything; hold fast what is good. 22 Abstain from every form of evil. 23 Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. 24 He who calls you is faithful; he will surely do it. 25 Brothers, pray for us. 26 Greet all the brothers with a holy kiss. 27 I put you under oath before the Lord to have this letter read to all the brothers. 28 The grace of our Lord Jesus Christ be with you.”

Always remember this:

YOUR CONVERSATION AND YOUR BEHAVIOR

REVEAL WHAT YOU RECEIVE AND WHAT YOU BELIEVE!

“Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.” (James 1:17)

❖ **The Seriousness of Un-Thankfulness**

“For although they knew God, they did not honor him as God or give thanks to him, but they became futile in their thinking, and their foolish hearts were darkened.” (Romans 1:21)

“For this reason God gave them up to dishonorable passions. For their women exchanged natural relations for those that are contrary to nature; 27 and the men likewise gave up natural relations with women and were consumed with passion for one another, men committing shameless acts with men and receiving in themselves the due penalty for their error.” (Romans 1:26-27)

❖ **The Symptoms of an Un-Thankful Heart**

- Negative Pessimistic Personality

“And say to the people, ‘Consecrate yourselves for tomorrow, and you shall eat meat, for you have wept in the hearing of the Lord, saying, ‘Who will give us meat to eat? For it was better for us in Egypt.’ Therefore the Lord will give you meat, and you shall eat. 19 You shall not eat just one day, or two days, or five days, or ten days, or twenty days, 20 but a whole month, until it comes out at your nostrils and becomes loathsome to you, because you have rejected the Lord who is among you and have wept before him, saying, ‘Why did we come out of Egypt?’”” (Numbers 11:18-20)

- Bitter and Unforgiving

“Then his master summoned him and said to him, ‘You wicked servant! I forgave you all that debt because you pleaded with me. 33 And should not you have had mercy on your fellow servant, as I had mercy on you?’ 34 And in anger his master delivered him to the jailers, until he should pay all his debt. 35 So also my heavenly Father will do to every one of you, if you do not forgive your brother from your heart.” (Matthew 18:32-35)

"He that loves not his brother abides in death." (1 John 3:14)

- Low Self-Esteem and Sadness
- Dissatisfaction and Greed for More

❖ **The Steps to Thankfulness**

- Meditate on the Blessings of Life

"But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you." (John 14:26)

- Practice the Renewing of the Mind

"And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God." (Romans 12:2)

*"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."
(Philippians 4:8)*

- Live in the Freshness of Your Faith

*"You keep him in perfect peace whose mind is stayed on you, because he trusts in you."
(Isaiah 26:3)*

If you want to change the way you perceive things, then you'll have to change the way you think.

"But, as it is written, 'What no eye has seen, nor ear heard, nor the heart of man imagined, what God has prepared for those who love him.'" (I Corinthians 2:9)

Conclusion:

Let us be ... Thankful for Faith
Let us be ... Thankful for Family
Let us be ... Thankful for Freedom
Let us be ... Thankful for the Future