What is Gratitude?

The conscious process of acknowledging both big and small blessings in your life.

Philippians 4:6.

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

God does NOT answer prayer from an ungrateful heart.

- Gratitude is a choice, not a feeling.
- When you feel anxiety, that is the time to be grateful.
 Gratitude will pull you out of the pain.

Example 1

Personal Immigration Story

Matthew 25:28-29 (KJV)

"Take the talent from him and give it to the one who already has ten.

Because everyone who uses what they have will receive more and have plenty.

But the one who does nothing with what they have will lose even the little they were given"

Lack of gratitude makes you stop seeing what you have.

Example 2

Two Nigerians (U.S. Citizen vs. Student Visa Holder)

Your problem is someone else's Prayer point

Before you complain about your child, thank God you have a child.

■ Before you complain about your job, thank God you have work.

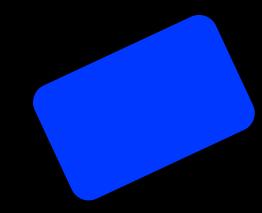
Before you complain about your parents, thank God you still have parents.

Before you complain about your spouse, thank God you have a spouse.

Before you complain about not having papers, thank God you are in America.

1 Thessalonians 5:18

"Give thanks in ALL circumstances; for this is God's will for you in Christ Jesus."



HOW TO PRAY WITH GRATITUDE





Mark 6:41-42

Jesus Feeds 5000

"Jesus took the five loaves and two fish, looked up to heaven, and gave thanks. He then broke the loaves and gave them to his disciples to distribute, and he divided the two fish among them all. All the people ate and were satisfied"

WHY ITS HARD TO BE GRATEFUL

We focus on what is not working.

(Color example)

Comparison.

Default vs Design.

GRATITUDE FOR OTHERS

For you to live a soft life, someone had to live a hard life.

(Example: Maintenance workers)

- Entitlement happens when you remember what you've done for others, but forget what others have done for you.
- Be grateful for your parents.

GRATITUDE PRACTICE

- One minute of thanking God.
- One minute of thanking someone you love.



SUMMARY

- God does not answer the prayers of an ungrateful heart.
- Gratitude is a decision, not a feeling.
- Gratitude allows you to see what is working.
- Gratitude brings multitude.



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