

Gratitude

11.30.2025

I remember the first time I got to the top of a mountain... -

- There was a **great sense of accomplishment**
- The **view was amazing**
- I **saw things differently...**
- It was **far more peaceful than I ever expected**

There is something powerful about a view like this...



This is not my first view from up high... this was at the Grand Canyon a couple months back when Sandi and I were there for a few hours...

- I also **had to get a couple of pictures from Steve Skelton, our resident hiker, extraordinaire!**
- Steve Skelton is an expert in this for sure!



Steve said he liked the picture of Chief better ;-)

You know... I think this is the same as having an attitude of gratitude.

There is a similar sense of “conquering” a mountain...

From a place of gratitude, you see things a whole lot better!

- You can see there is more in this world than just you ☺
- You lift up your eyes from staring at your feet, to where your feet can take you
- Getting past a life of living for just yourself is a big thing
- Having a view like this – through the eyes of Jesus is the ultimate.

Gratitude – A sense and a feeling of being grateful for what you have, and recognizing it is a gift given.

Gratitude...

Gratitude helps you to hold things in the right order and in the right place.

Gratitude is not a feeling to wait for—it is a posture as a believer in Jesus to cultivate in your relationship with Him.

That said... like being on the peak of a mountain made me think of this...

And why I was pondering...

The altitude of an attitude of Gratitude.

OR

Gratitude... the view is much better from there!

When we walk with the understanding of who we are in the light of who God is, our view is amazing...

As we have been going through the Gospel of John, Jesus warns His disciples that difficult times are ahead...

Jesus does not hide anything, the times ahead will be gut-wrenching at times (my words).

BUT – (as we have talked about for the last couple of weeks)...

- The Holy Spirit will come in a powerful way
 - To lead them by His truth
 - To comfort
- They will receive Jesus' joy and peace

- They will be given way more than they need to go through all that will be ahead.

Through it all, they will learn by experience the power of what being thankful looks like...

Every one of us knows what it feels like to have circumstances that draw gratitude out of us—moments where thankfulness comes naturally. But Scripture calls us to something deeper, something supernatural:

“Give thanks in all circumstances” (1 Thess. 5:18).

Not *for* all things—some things are genuinely hard and evil—but **in all things**, because God is present, faithful, and at work.

Gratitude is not merely polite manners. It is a spiritual discipline that shapes how we see God, ourselves, and the world. A grateful heart becomes a guarded heart, a strengthened heart, and a Christ-focused heart.

1. GRATITUDE REMINDS US OF WHO GOD IS

Scripture: Psalm 103:1–5

David begins, “Bless the Lord, O my soul,” not because he feels grateful but because he **remembers**:

- He forgives
- He heals
- He redeems
- He crowns
- He satisfies

Gratitude is an act of remembering—and forgetfulness is the enemy of worship. A grateful heart remembers God’s goodness even when life feels uncertain.

Gratitude is worship.

It redirects our eyes from what we lack to who God is.
It stabilizes us when life feels unstable.

2. GRATITUDE GROUNDS US IN THE GOSPEL

Scripture: Colossians 2:6–7

Paul says believers should:

- *Walk in Christ*
- *Be rooted and built up in Him*
- *Overflow with thanksgiving*

Thankfulness isn't a garnish on top of the Christian life—it's the overflow of someone rooted in Jesus.

Why?

Because the gospel gives us more than circumstances ever could:

- We are forgiven
- We are adopted
- We are secure
- We are loved
- We are made new

If God never gave us another blessing, the gospel alone is reason to give thanks every day.

Gratitude grows deepest in the soil of the gospel.

3. GRATITUDE GUARDS OUR HEARTS IN HARD TIMES

Scripture: Philippians 4:6–7

Paul writes this from prison—yet he says:

“Do not be anxious about anything... with thanksgiving... the peace of God will guard your hearts.”

This is not denial. Paul isn't ignoring the hardship.

He's teaching us that **gratitude is a weapon**—a shield that guards our souls.

When we bring our needs to God with thanksgiving:

- Thanksgiving keeps prayer from becoming panic
- Thanksgiving keeps our hearts from being overwhelmed
- Thanksgiving anchors us in God's peace

Gratitude does not remove hardship—but it reframes it.

We begin to see the God *in* the trial, not just the trial itself.

4. GRATITUDE MOVES US INTO GOD'S WILL

Scripture: 1 Thess. 5:16–18

Paul says:

- Rejoice always
- Pray continually
- Give thanks in all circumstances

“For this is God’s will for you in Christ Jesus.”

People often ask, “What is God’s will?”

Paul answers: **a life marked by gratitude.**

Gratitude reflects trust.

Gratitude reflects surrender.

Gratitude reflects spiritual maturity.

Gratitude is not a reaction—it is a decision to trust God’s heart.

APPLICATION: HOW DO WE PRACTICE BIBLICAL GRATITUDE?

1. Speak gratitude daily

Even if your feelings haven’t caught up yet. Gratitude grows when spoken.

2. Keep a record of God’s faithfulness

Write down answers to prayer, moments of provision, or ways He has strengthened you.

3. Thank God for specific people

Paul constantly thanked God for people, not just blessings.

4. Practice gratitude in prayer first

Start prayer not with requests, but with thanks.

5. Let gratitude spill into kindness

A thankful heart becomes a generous heart.

Gratitude always moves outward.

CONCLUSION: Gratitude as a Way of Life

Gratitude is not the product of easy circumstances—it is the fruit of walking closely with Jesus.

When we remember who God is,
When we root ourselves in the gospel,
When we allow gratitude to guard our hearts,
When we align our lives with God's will,

We become people whose lives glow with joy, peace, and hope—regardless of circumstance.

Today, choose gratitude—not because everything is easy,
but because Christ is enough.

Giving thanks

- Takes humility
- Takes honesty
- Requires truth
- Requires surrender
- Requires the Lord
 - o Father
 - o Son
 - o Holy Spirit

Giving thanks is a mindset that does not come naturally, it is learned.

- While some are more naturally grateful and thoughtful, we all are more naturally self-preserving out of the gate
- It takes time, sometime painful experiences, to see the importance of gratitude.

Gratitude is a mindset that is developed intentionally

Gratitude is a