



GRATITUDE

Authentically Optimistic: Episode 2 of 6

Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. As he was going into a village, ten men who had leprosy met him. They stood at a distance and called out in a loud voice, Jesus, Master, have pity on us!

*When [Jesus] saw them, he said, Go, show yourselves to the priests. And as they went, they were cleansed. One of them, when he saw he was healed, came back, praising God in a loud voice. He threw himself at Jesus' feet and thanked him—and he was a Samaritan. Jesus asked, *Were not all ten cleansed? Where are the other nine? Has no one returned to give praise to God except this foreigner?* Luke 17:11-18*

MAIN IDEA: GRATEFULNESS FUELS AUTHENTICITY AND OPTISMISM.

3 STATEMENTS **THAT WILL HELP ME CHOOSE GRATITUDE**

1) I KNOW EVERY **GOOD** THING I HAVE COMES FROM **GOD.**

Every good and perfect gift is from above... James 1:17

2) I WILL NOT LET WHAT I **WANT** ROB ME OF WHAT I **HAVE.**

Better what the eye sees than the roving of the appetite....

Ecclesiastes 6:9

WHAT GRATITUDE DOES IS TURN WHAT WE HAVE INTO ENOUGH

IT'S NOT HAPPY PEOPLE WHO ARE GRATEFUL

IT'S GRATEFUL PEOPLE WHO ARE HAPPY

...For I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through [Christ] who gives me strength.

Philippians 4:11-13

3) I'LL TURN EVERYTHING **GOOD** INTO **PRAISE.**

WHEN I DON'T TURN A BLESSING INTO PRAISE, IT TURNS INTO PRIDE.

I will praise you as long as I live, and in your name I will lift up my hands. I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you. Psalm 63:4-5

Let all that I am praise the Lord; may I never forget the good things he does for me. He forgives all my sins and heals all my diseases. He redeems me from death and crowns me with love and tender mercies. He fills my life with good things....

Psalm 103:2-5 NLT

***The quote at the beginning of the message was from: Braving the Wilderness by Brene Brown, pages 143-144*

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