# An Attitude of Gratitude

Part II

# 1 Thessalonians 5:18 (NIV) 18 GIVE THANKS IN ALL CIRCUMSTANCES, for this is God's will for you in Christ Jesus.

#### Last Week

An Attitude of Gratitude includes ...

#### Gratitude Is A Choice

Gratitude Is Not Circumstantial

Gratitude Should Be Continuous

Gratitude Must Be Cultivated

Gratitude Replaces Complaining

### Colossians 3:15 (NLT)

15 And LET THE PEACE that comes from Christ RULE IN YOUR HEARTS. For as members of one body you are called to live in peace.

AND ALWAYS BE THANKFUL.

#### Introduction

#### One Of The Key Elements Of Gratitude

Is Knowing That Gratitude Is A Choice

Gratitude Is Not Automatic... It Must Be Intentional

When We Realize This.... We CAN Decide To Live In Peace Or Confusion

When your mind is restless ... You Can Choose Peace When life feels unfair  $\rightarrow$  You Can Choose To Be Grateful

Feelings come and go, circumstances rise and fall, BUT GRATITUDE IS ROOTED IN A SETTLED DECISION:

David Was Attacked By A Giant, A Lion, A Bear, A Jealous King, An Angry Son

David Was Forgotten By His Father

BUT CHOSE TO RESPOND LIKE THIS.....

"I will bless the Lord at all times" ~ Psalm 34:1

Regardless Of Circumstances We Can Choose To Be Grateful and Joyful This Choice Brings Calmness To Our Soul

#### Gratitude Enables Peace To Rule

Colossians 3:15 (NLT)

15 And let the PEACE that comes from Christ rule in your hearts.
For as members of one body, you are called to live in peace. And always be thankful.

When You CHOOSE TO BE GRATEFUL....YOU CHOOSE PEACE God Will Give Peace In Your Soul, Even When You Do Have It In Your Situation God Will Give You A Peace That Surpasses All Understanding

#### Philippians 4:6-7 (NLT)

6 Don't worry about anything; instead, pray about everything.

Tell God what you need and thank him for all he has done.

7 Then you will experience God's peace, which exceeds anything we can understand.

His peace will guard your hearts and minds as you live in Christ Jesus.

#### God Releases His Peace Where Gratitude Resides BUT YOU MUST LET IT RULE

Job's Gratitude Made Room for God's Peace

Gratitude didn't remove the storm, but it kept the storm from removing God from his heart.

Job did not ignore his pain, but he refused to let pain have the final word....

Job 1:21 (NIV)

21... The Lord gave and the Lord has taken away; may the name of the Lord be praised."

#### Gratitude Enables Peace To Rule

Colossians 3:15 (NLT)

15 And let the PEACE that comes from Christ RULE IN YOUR HEARTS.

#### You Must CHOOSE TO LET PEACE RULE

PEACE IS MEANT TO GOVERN YOU

The word "RULE" means to umpire, decide, or take the lead.

Umpires Keep Control Of The Game...

When Fear Tries To Take Over ~ You Blow The Whistle

When Friends Try To Get You To Do Something ~ You Say That Is Out Of Bounds
When Things Are Getting Chaotic ~ You Have The Authority To Call Time-out

#### Peace Can't Rule Where God Doesn't Reign

*Romans 5:1-2 (NLT)* 

1 Therefore, since we have been made right in God's sight by faith,

WE HAVE PEACE WITH GOD BECAUSE OF WHAT JESUS CHRIST OUR LORD HAS DONE FOR US.

2 Because of our faith, Christ has brought us into THIS PLACE OF UNDESERVED PRIVILEGE where we now stand, and we confidently and joyfully look forward to sharing God's glory.

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#### Peace And Gratitude In Action

Acts 27:18-20; 33-36 (NLT)

18 The next day, as gale-force winds continued to batter the ship, the crew began throwing the cargo overboard.

19 The following day they even took some of the ship's gear and threw it overboard.

20 The terrible storm raged for many days, blotting out the sun and the stars, until at last all hope was gone.

33 Just as day was dawning, Paul urged everyone to eat.

"You have been so worried that you haven't touched food for two weeks," he said.

34 "Please eat something now for your own good. For not a hair of your heads will perish."
35 Then he took some bread, GAVE THANKS TO GOD BEFORE THEM ALL,
and broke off a piece and ate it. 36 Then everyone was encouraged and began to eat—

*Peace does not avoid the storm* - *It controls your response in the storm.* 

#### Gratitude Protects The Heart From Entitlement

Colossians 3:15 (NLT)

15 And let the PEACE that comes from Christ RULE IN YOUR HEARTS. For as members of one body, you are called to live in peace. AND ALWAYS BE THANKFUL.

#### There Are Certain Things That Rob Us Of Our Peace

One Major Factor Is Entitlement

Entitlement and gratitude are spiritual opposites.

Entitlement says, "I deserve this."

Gratitude says, "I don't deserve this, but I thank God for it."

A heart that always feels owed can never fully worship. You can't thank God for what you believe you earned by yourself.

A thankful heart remembers that everything we have is borrowed, not owned.

An entitled heart forgets that everything we have is a gift.

YOU CAN'T BE GRATEFUL AND RESENTFUL AT THE SAME TIME.

#### Gratitude Protects The Heart From Entitlement

## Biblical Example Matthew 20:1-15 (NLT)

"For the Kingdom of Heaven is like the landowner who went out early one morning to hire workers for his vineyard.

2 He agreed to pay the normal daily wage and sent them out to work.

3 "At nine o'clock in the morning he was passing through the marketplace and saw some people standing around doing nothing.

4 So he hired them, telling them he would pay them whatever was right at the end of the day.

5 So they went to work in the vineyard. At noon and again at three o'clock he did the same thing.

6 "At five o'clock that afternoon he was in town again and saw some more people standing around.

He asked them, 'Why haven't you been working today?'

7 "They replied, 'Because no one hired us.' "The landowner told them, 'Then go out and join the others in my vineyard.' 8 "That evening he told the foreman to call the workers in and pay them, beginning with the last workers first.

9 When those hired at five o'clock were paid, each received a full day's wage.

10 When those hired first came to get their pay, THEY ASSUMED THEY WOULD RECEIVE MORE.

But they, too, were paid a day's wage.

11 When they received their pay, they protested to the owner,

12 'Those people worked only one hour, and yet you've paid them just as much as you paid us who worked all day in the scorching heat.'

13 "He answered one of them, 'Friend, I haven't been unfair! Didn't you agree to work all day for the usual wage?

14 Take your money and go. I wanted to pay this last worker the same as you.

15 Is it against the law for me to do what I want with my money? Should you be jealous because I am kind to others?'

# Gratitude Protects The Heart From Entitlement Biblical Example

#### Luke 15:25-32 (NLT)

25 "Meanwhile, the older son was in the fields working. When he returned home, he heard music and dancing in the house, 26 and he asked one of the servants what was going on.

27 Your brother is back,' he was told, 'and your father has killed the fattened calf.

We are celebrating because of his safe return.'

28 "THE OLDER BROTHER WAS ANGRY AND WOULDN'T GO IN. His father came out and begged him, 29 but he replied, 'All these years I've slaved for you and never once refused to do a single thing you told me to. And in all that time you never gave me even one young goat for a feast with my friends.

30 Yet when this son of yours comes back after squandering your money on prostitutes, you celebrate by killing the fattened calf!'

31 "His father said to him, 'Look, dear son, you have always stayed by me,

AND EVERYTHING I HAVE IS YOURS.

32 We had to celebrate this happy day. For your brother was dead and has come back to life!

He was lost, but now he is found!"

#### Gratitude Is Fueled By Memory

*Psalms 9:1 (ESV)* 

1 I will give thanks to the Lord with my whole heart; I WILL RECOUNT all of your wonderful deeds.

#### GRATITUDE BECOMES POWERFUL WHEN IT IS

- 1) Attached To A Testimony
- 2) Rooted in Remembrance
  - 3) Renewed by Reflection

#### Gratitude loses its strength when memory fades

This Is Why God Constantly Reminded The Children of Israel To Remember

Deuteronomy 8:18 (ESV)

18 You shall remember the Lord your God, for it is he who gives you power to get wealth

#### Deuteronomy 8:2 (ESV)

2 And you shall remember the whole way that the Lord your God has led you these forty years in the wilderness,

"THE EFFECTIVENESS OF GRATITUDE IS DIRECTLY CONNECTED
TO THE STRENGTH OF OUR REMEMBRANCE."

#### Gratitude Is Fueled By Memory

#### Psalm 103:2

"Bless the Lord, O my soul, and forget not all His benefits."

David understood that forgetting is not just a memory issue IT'S A HEART ISSUE

When We Continue To Chase Blessings.... It's Easy To Forget The Benefits

A crowded schedule often creates a cluttered soul.

We become so busy managing life that we stop remembering the One who gave it.

#### This Is Why We Need Reminders....

1 *Corinthians* 11:25 (*ESV*)

25 ... "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me."

#### Memory is the Anchor of Gratitude

Have You Ever Found Yourself Drifting Into Complaint Mode....

In Conclusion....

Gratitude Enables Peace To Rule

Gratitude Protects The Heart From Entitlement

Gratitude Is Fueled By Memory