# An Attitude of Gratitude

Part III

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

#### Week One

An Attitude of Gratitude includes ...

#### Gratitude Is A Choice

Gratitude Is Not Circumstantial

Gratitude Should Be Continuous

Gratitude Must Be Cultivated

Gratitude Replaces Complaining

# Last Week....

Gratitude Enables Peace To Rule

Gratitude Protects The Heart From Entitlement

Gratitude Is Fueled By Memory

# 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 Cultivating An Attitude Of Gratitude

CULTIVATING AN ATTITUDE OF GRATITUDE means INTENTIONALLY DEVELOPING a mindset and practice of thankfulness, even during difficult times... It's about training yourself to recognize blessings, express appreciation regularly, and

It's about training yourself to recognize blessings, express appreciation regularly, and maintain a posture of thanksgiving toward God and others.

The Word Cultivate Means ~ "to till, to labor over...."

This means we must work/labor to produce an Attitude of Gratitude.

Gratitude doesn't come automatically — IT MUST BE CULTIVATED.

Weeds of worry, entitlement, and forgetfulness
can choke out our thankfulness, IF we don't cultivate it daily.

This is what a harvest of cultivation looks like.....

Philippians 4:11-12 (NLT)

11 Not that I was ever in need, for I have learned how to be content with whatever I have.

12 I know how to live on almost nothing or with everything.

I have learned the secret of living in every situation,

whether it is with a full stomach or empty, with plenty or little.

#### Gratitude Must Be Cultivated

Self-development author and motivational public speaker, Brian Tracy shares tips on developing the habit of practicing the Four A's Of Gratitude

I Want To Use Something Similar But Slightly Different....

Acknowledge God's Goodness

Appreciate God's Grace

**Apply** Gratitude Daily

Announce God's Blessings

# Acknowledge God's Goodness

*Psalms 107:1 (NLT)* 

1 Give thanks to the Lord, FOR HE IS GOOD! His faithful love endures forever.

*Psalms 106:1 (NLT)* 

1 Praise the Lord! Give thanks to the Lord, FOR HE IS GOOD! His faithful love endures forever.

To Acknowledge means to identify, recognize, and admit

We Must Acknowledge that God is the source of our abilities and attribute our accomplishments to Him.

James 1:17 (ESV)

17 Every good gift and every perfect gift

IS FROM ABOVE...

Many People Receive Blessings, But Fail To Recognize The Hand Of God At Work
The Love The Gift... But Never Acknowledge The Giver
The Love The Provisions.... But Never Acknowledge The Provider
The Love The Blessing... But Never Acknowledge The Blesser

#### YOU CAN'T APPRECIATE WHAT YOU REFUSE TO ACKNOWLEDGE

Acknowledging God's goodness helps us AVOID TAKING CREDIT for our own success ACKNOWLEDGMENT is the antidote to SPIRITUAL AMNESIA.

# Acknowledge God's Goodness

*Psalms 107:1 (NLT)* 

1 Give thanks to the Lord, FOR HE IS GOOD! His faithful love endures forever.

### Acknowledge Leads To Adoration

2 Samuel 6:14 (ESV)

14 And David danced before the Lord with all his might.

2 Samuel 6:20-22 (NLT)

20 When David returned home to bless his own family,
Michal, the daughter of Saul, came out to meet him. She said in disgust,
"How distinguished the king of Israel looked today,
shamelessly exposing himself to the servant girls like any vulgar person might do!"
21 David retorted to Michal, "I was dancing before the Lord,
who chose me above your father and all his family!
He appointed me as the leader of Israel, the people of the Lord,
SO I CELEBRATE BEFORE THE LORD.

22 Yes, and I am willing to look even more foolish than this, even to be humiliated in my own eyes!

David didn't praise God because he felt like it he praised God because HE ACKNOWLEDGED WHAT GOD HAD DONE.

# Acknowledge God's Goodness

*Psalms 107:1 (NLT)* 

1 Give thanks to the Lord, FOR HE IS GOOD! His faithful love endures forever.

## Lack Of Acknowledgement Leads To Arrogance

Daniel 4:28-34 (NLT)

28 "But all these things did happen to King Nebuchadnezzar. 29 Twelve months later he was taking a walk on the flat roof of the royal palace in Babylon. 30 As he looked out across the city, he said,

'Look at this great city of Babylon! **By my own mighty power**,

I have built this beautiful city as my royal residence to display my majestic splendor.'

31 "While these words were still in his mouth, a voice called down from heaven,
'O King Nebuchadnezzar, this message is for you! YOU ARE NO LONGER RULER OF THIS KINGDOM.
32 You will be driven from human society. You will live in the fields with the wild animals,
and you will eat grass like a cow. Seven periods of time will pass while you live this way,
until you learn that the Most High rules over the kingdoms of the world
and gives them to anyone he chooses.'

34 "After this time had passed, I, Nebuchadnezzar, looked up to heaven. My sanity returned, and I praised and worshiped the Most High and honored the one who lives forever. His rule is everlasting, and his kingdom is eternal.

# Appreciate God's Grace

#### 1 Corinthians 15:9-10 (NIV)

9 For I am the least of the apostles and do not even deserve to be called an apostle, because I persecuted the church of God.

10 But BY THE GRACE OF GOD I AM WHAT I AM, and his grace to me was not without effect. No, I worked harder than all of them--yet not I, BUT THE GRACE OF GOD THAT WAS WITH ME.

# Grace Eliminates The Spirit Of Entitlement

Entitlement says, "I Deserve This" Grace says, "I Thank God For This"

#### 1 Timothy 1:12-14 (NIV)

12 I thank Christ Jesus our Lord, who has given me strength, that he considered me faithful, appointing me to his service.

13 Even though I was once a blasphemer and a persecutor and a violent man, 14 I was shown mercy because I acted in ignorance and unbelief.

The grace of our Lord was poured out on me abundantly, along with the faith and love that are in Christ Jesus.

The More You Understand Grace, The Louder Your Gratitude Becomes Grace is God giving you what you didn't earn, couldn't buy, and don't deserve.

# Appreciate God's Grace

#### "THE MORE I REMEMBER HIS GRACE, THE MORE I REJOICE IN HIS GOODNESS."

#### Luke 7:36-38 (NIV)

36 Now one of the Pharisees invited Jesus to have dinner with him, so he went to the Pharisee's house and reclined at the table.

37 When a woman who had lived a sinful life in that town learned that Jesus was eating at the Pharisee's house, she brought an alabaster jar of perfume, 38 and as she stood behind him at his feet weeping, she began to wet his feet with her tears.

Then she wiped them with her hair, kissed them and poured perfume on them.

#### GRACE PRODUCED HER GRATITUDE.

The Release From Her Painful Past Caused Her To Respond With Powerful Praise

WHEN GRACE IS IGNORED, THE HEART MOVES TOWARD INGRATITUDE.

A PERSON WHO NO LONGER APPRECIATES GRACE:

WORSHIPS CASUALLY
PRAISES INCONSISTENTLY
GIVES RELUCTANTLY
PRAYS SELECTIVELY

# Apply Gratitude Daily

#### Ephesians 5:20 (NIV)

20 ALWAYS GIVING THANKS to God the Father for everything, in the name of our Lord Jesus Christ.

#### Gratitude Is Not An Emotion It Is A Daily Exercise

Gratitude Applied Daily Produces Joy Applied Continually

When you practice gratitude daily, you keep your heart anchored in God's goodness, not your circumstances.

#### Gratitude Is Not Just Theological It Is Practical

- 1) Start Prayer With Thanksgiving Before Your Requests
  - 2) End Each Day Identifying 3 Blessings
  - 3) Practice "Praise Pauses" Throughout The Day
  - 4) Replace Complaints With Gratitude Statements
  - 5) Send "Thank You Texts" To People Who Bless You
  - 6) Keep A Gratitude Journal Throughout The Day
    - 7) Show Gratitude Through Generosity

Repetition Creates A Consistent Attitude Of Gratitude Over time, your default mindset shifts from complaint to gratitude,

from anxiety to trust, from self-focus to God-awareness.

# Announce God's Blessings

*Psalms 100:4 (NIV)* 

4 Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.

Gratitude That Is Kept Silent Is Incomplete Gratitude Must Be Expressed, Declared, And Spoken

You can feel thankful in your heart,

BUT GOD DESIRES THAT GRATITUDE BE SPOKEN WITH YOUR MOUTH.

Scripture repeatedly teaches that thanksgiving is not just internal, but audible, verbal, and expressed.

Psalms 28:7 (NLT)

7 The Lord is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving.

*Psalms 95:2 (NLT)* 

2 Let us come to him with thanksgiving. Let us sing psalms of praise to him.

*Jonah 2:9 (NKJV)* 

9 But I will sacrifice to You With the voice of thanksgiving; I will pay what I have vowed. Salvation is of the Lord."

Psalms 9:1 (NASB)

1 I will give thanks to the Lord with all my heart; I will tell of all Your wonders.

# Announce God's Blessings

#### Psalms 100:4 (NIV)

4 Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.

Gratitude That Is Kept Silent Is Incomplete

#### Luke 17:11-16 (NIV)

11 Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee.

12 As he was going into a village, ten men who had leprosy met him. They stood at a distance

13 AND CALLED OUT IN A LOUD VOICE, "Jesus, Master, have pity on us!"

14 When he saw them, he said, "Go, show yourselves to the priests." And as they went, they were cleansed.

15 One of them, when he saw he was healed, came back, PRAISING GOD IN A LOUD VOICE.

16 He threw himself at Jesus' feet and thanked him--and he was a Samaritan.

HE DIDN'T OFFER SILENT APPRECIATION.
HE DIDN'T OFFER A QUIET, CASUAL, CONSERVATIVE THANKS.

GOD DESERVES A PRAISE LOUDER THAN THE THING HE DELIVERED YOU FROM."

#### Psalms 34:1-3 (NKJV)

I will bless the Lord at all times; His praise shall continually be in my mouth. 2 My soul shall make its BOAST in the Lord; The humble shall hear of it and be glad. 3 Oh, magnify the Lord with me, And let us exalt His name together.

# A Word Of Warning

#### 2 Timothy 3:1-5 (NLT)

1 You should know this, Timothy, that in the last days there will be very difficult times.

2 For people will love only themselves and their money.

They will be boastful and proud, scoffing at God, disobedient to their parents, and UNGRATEFUL.

They will consider nothing sacred.

3 They will be unloving and unforgiving; they will slander others and have no self-control.

They will be cruel and hate what is good.

4 They will betray their friends, be reckless, be puffed up with pride, and love pleasure rather than God.

5 They will act religious, but they will reject the power that could make them godly.

This isn't a random list—IT'S A PROGRESSION showing how UNGRATEFULNESS is both a symptom and a cause OF SPIRITUAL DETERIORATION.

LET'S CONTINUE TO CULTIVATE AN ATTITUDE OF GRATITUDE

# In Conclusion

Acknowledge God's Goodness

Appreciate God's Grace

Apply Gratitude Daily

Announce God's Blessings