

The Attitude of Gratitude and Contentment

Introduction

As we embrace the final week of "**The Year of Fulfillment**" series, our focus shifts to "**Attitude of Gratitude and Contentment.**" Join me in exploring the wisdom found in various support verses, culminating in a message that encourages us to cultivate an attitude of gratitude and contentment.

- Gratitude is attitude. You are grateful for what others has done for you. Gratitude lead to thankfulness. But thankfulness is not a gratitude. It's gratitude first then thankful.
- Gratitude is is learning what you have today, it's brings satisfaction, it brings restedness. If you are grateful you are joyful then you are able to be at rest. Why? Because you are grateful for what you have, you are focus for what you have not for what you don't have.
- **Gratitude:** you live a joyful life.
- **Grumbling:** you take it with you to the grave.
- Do you know that happy people are thankful?

Ask yourself are you grateful person? Then you are happy. If you are not grateful person you always complaining, always comparing. I can guarantee you, you are miserable.

Point 1: Cultivating a Heart of Gratitude

Support Verse - 1 Thessalonians 5:16-18:

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

- **Message:** Gratitude is not contingent on our circumstances but is a constant response rooted in the knowledge of God's will for us. It involves rejoicing, continual prayer, and giving thanks in all situations.

- **Example:** Consider the Apostle Paul, who, despite facing various trials, consistently exhibited an attitude of gratitude. In prison, he wrote letters expressing thanksgiving and joy, teaching us that gratitude is a choice we make irrespective of external conditions.

Point 2: Contentment in God's Provision

***Support Verse - Philippians 4:11-13:**

"I am not saying this because I am in need, 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 him who gives me strength."

- **Message:** Contentment is found in relying on God's provision rather than our external circumstances. Paul's journey of learning to be content in various situations teaches us the secret lies in our dependence on God's strength.

- **Example:** Reflect on individuals like Job, who, despite losing everything, found contentment in God's sovereignty. Their stories inspire us to seek contentment not in possessions or circumstances but in trusting God's unwavering provision.

Point 3: Overflowing Gratitude and Contentment

Support Verse - Psalm 23:5-6:

"You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever."

- **Message:** An attitude of gratitude and contentment leads to an overflowing life. God's goodness and mercy become constant companions, and our cup overflows with the abundance of His blessings.

- **Example:** Think of individuals who radiate joy and contentment, not because of perfect circumstances, but because they have embraced an attitude of gratitude. Their lives become a testimony to the overflowing abundance that comes from dwelling in God's presence.

Conclusion and Prayer.

As we conclude, let's embrace the call to cultivate an attitude of gratitude and contentment. Rejoice always, find contentment in God's provision, and let your cup overflow with His goodness. May this final week of our series bring a deep sense of fulfillment as we live out God's will in Christ Jesus.

Let's pray for the grace to maintain an attitude of gratitude and contentment, trusting in God's provision and experiencing the overflow of His blessings in our lives. Amen.