

Tis the Season  
To Be Grateful  
December 17, 2023

**Matthew 2:11** On coming to the house, they saw the child with his mother Mary, and they bowed down and **worshiped him**. Then they opened their treasures and **presented him with gifts** of gold, frankincense and myrrh.

**James 1:16-18** Don't be deceived, my dear brothers and sisters. Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. He chose to give us birth through the word of truth, that we might be a kind of firstfruits of all he created.

Why is Gratitude Beneficial?

1. It gives us \_\_\_\_\_.

**Deuteronomy 8:17-18** You may say to yourself, "My power and the strength of my hands have produced this wealth for me." But **remember** the LORD your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your ancestors, as it is today.

2. It reminds us of our \_\_\_\_\_ on God.

**Philippians 4:10-13** I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. 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.**

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3. It makes us more \_\_\_\_\_.

**Jonah 2:9** “But I, with shouts of grateful praise, will sacrifice to you. What I have vowed I will make good. I will say, ‘Salvation comes from the LORD.’”

4. It makes us more \_\_\_\_\_.

**Ephesians 3:20** Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us...

Disciplines of Gratitude:

✓ Start and end the day with \_\_\_\_\_.

**Daniel 6:10** Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.

✓ \_\_\_\_\_ thankfulness.

**Psalms 119:164** Seven times a day I praise you for your righteous laws.

✓ Gratitude \_\_\_\_\_.

**Colossians 3:17** And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

**Walk Away:** It is only through gratitude, that life becomes \_\_\_\_\_.  
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