



Gratitude

12/28/2025

GRATITUDE IN THE OLD TESTAMENT

God's people thanked him for his:

1. _____.
2. _____.
3. _____.

A DIET OF GRATITUDE

- Gratitude kills _____.
- Gratitude enhances _____.
- Gratitude increases _____.
- Gratitude minimizes _____.
- Gratitude recalibrates your _____.

HOW TO PRACTICE GRATITUDE

1. Make a _____.
2. _____ out loud with family and friends
3. Practice _____.
4. Give your _____ away.
5. Say "_____."

MOTIVATION FOR GRATITUDE

- God's **PRESENCE** in Christ.
- God's **PROVISION** in Christ.
- God's **PROTECTION** in Christ.

THE PRAYER OF "EXAMEN"

1. Recognize God's _____ and work.
2. Prayer of _____ or consolation.
3. Prayer of _____ or desolation.
4. A _____ for tomorrow, made in faith.

1 CHRONICLES 16:1-10, 34

¹ They brought the ark of God and set it inside the tent that David had pitched for it, and they presented burnt offerings and fellowship offerings before God... ⁴ He appointed some of the Levites to minister before the ark of the LORD, to extol, thank, and praise the LORD, the God of Israel...

⁷ That day David first appointed Asaph and his associates to give praise to the LORD in this manner:

⁸ Give praise to the LORD, proclaim his name; make known among the nations what he has done.

⁹ Sing to him, sing praise to him; tell of all his wonderful acts.

¹⁰ Glory in his holy name; let the hearts of those who seek the LORD rejoice...

³⁴ Give thanks to the LORD, for he is good; his love endures forever.

PSALM 95:1-2, 6-7

¹ Come, let us sing for joy to the LORD; let us shout aloud to the Rock of our salvation.

² Let us come before him with thanksgiving and extol him with music and song...

⁶ Come, let us bow down in worship, let us kneel before the LORD our Maker;

⁷ for he is our God and we are the people of his pasture, the flock under his care.

NEHEMIAH 12:27

At the dedication of the wall of Jerusalem, the Levites were sought out from where they lived and were brought to Jerusalem to celebrate joyfully the dedication with songs of thanksgiving and with the music of cymbals, harps and lyres.

Other References

1 Timothy 6:17, 2 Corinthians 9:11-15, Philippians 4:4-7, 1 Thessalonians 5:16-18, Deuteronomy 6:4-9, Romans 5:6-8, 2 Corinthians 1:21-22