

THANKS FOR EVERYTHING

Why should we be thankful?

1. Because EVERYTHING I have is from God. (James 1:17)

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

James 1:17 (NIV)

2. Because God COMMANDS it. (1 Thessalonians 5:18)

Give thanks in all circumstances for this is God's will for you in Christ Jesus.

1 Thessalonians 5:18 (NIV)

So then, just as you received Christ Jesus as Lord, continue to live your lives in him,⁷ rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

Colossians 2:6-7 (NIV)

3. Because being thankful BLESSES us! (2 Corinthians 4:15-16)

All of this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God.¹⁶ Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

2 Corinthians 4:15-16 (NIV)

- Gratitude gives me PERSPECTIVE.
- Gratitude squashes the sins of SELFISHNESS, ENVY, and BITTERNESS.
- Gratitude improves your relationships with OTHERS.
- Gratitude improves MY LIFE.

4. Because being unthankful is SINFUL. (Luke 17:11-19)

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 distance¹³ 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.

¹⁷ Jesus asked, "Were not all ten cleansed? Where are the other nine? ¹⁸ Has no one returned to give praise to God except this foreigner?" ¹⁹ Then he said to him, "Rise and go; your faith has made you well."

Luke 17:11-19 (NIV)

How can I be thankful?

- Make a list or keep a journal.
- Start and end your day with giving thanks.
- Take a walk.
- Appreciate others.