

## **“ONE WORD” (part 2 of 7)**

### **THANKS**

**Proverbs 18:21 “The Tongue has the power of life and death!”**

**-WE CAN FEEL BUILT UP OR TORN DOWN QUICKLY!**

**Proverbs 12:18 says that “Reckless words pierce like a sword”**

**-WE HAVE ALL FELT THE WOUNDS OF WORDS!**

**James 3:3-5 When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. <sup>4</sup>Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. <sup>5</sup>Likewise the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark.**

### **THE WORDS THAT COME FROM OUR LIPS MATTER!!!**

**-7 weeks of POSITIVE words that can shape us!**

**Luke 6:45 A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks.**

**SERIES: 7 words that connect to our hearts! (REVEAL HEARTS)**

**PLEASE: A humble heart**

**THANKS: A Grateful heart**

**YES: A Surrendered heart**

**NO: A Protected heart**  
**SORRY: A Contrite Heart**  
**GO: A Willing Heart**  
**GROW: A Hungry Heart**

**TODAY: THANKS**

DEFINITION OF THANKS: “AN EXPRESSION OF GRATITUDE”

**3 ways we can show expressions of Gratitude!**

**Thoughts, Focus and Time!**

**1) We show Gratitude through our THOUGHTS! (When we remember)**

-We remember Birthdays, Anniversaries, Mother’s Day & Fishing Opener!

Things lose their luster and become too familiar and normal!

(M.J Ryan “Attitude of Gratitude” How to give and receive Joy everyday!)

-The secret to love-and a sense of joy and gratitude toward all life.....is to see, feel and hear as if for the first time”

Imagine coming out of a bunker and seeing sunlight for the first time!

**DON’T LET LIFE GET MUNDANE!**

-Jobs we do become normal so we fail to notice: dishes/trash/lawn/laundry

**DON’T FORGET TO STAY THANKFUL!**

**Deuteronomy 8:10-14** When you have eaten and are satisfied, praise the LORD your God for the good land he has given you. <sup>11</sup>Be careful that you do not forget the LORD your God, failing to observe his commands, his laws and his decrees that I am giving you this day. <sup>12</sup>Otherwise, when you eat and are satisfied, when you build fine houses and settle down, <sup>13</sup>and when your herds and flocks grow large and your silver and gold increase and all you have is multiplied, <sup>14</sup>then your heart will become proud and you will forget the LORD your God, who brought you out of Egypt, out of the land of slavery.

OH HOW QUICKLY WE CAN FORGET!

Hebrews were in the desert and starving - God fed them through a miracle!

-Every morning they would wake up to a flaky type substance that they ground into flour.

**Numbers 11:4-6** The rabble with them began to crave other food, and again the Israelites started wailing and said, “If only we had meat to eat! <sup>5</sup>We remember the fish we ate in Egypt at no cost—also the cucumbers, melons, leeks, onions and garlic. <sup>6</sup>But now we have lost our appetite; we never see anything but this manna!”

You get what you look for!

**We don't see the world as it is.....we see the world as we are!**

**-if you are looking for something to complain about.....you will find it!**

**-if you are looking for something to give thanks for....you will find it!**

Book “Thanks a thousand” by A.J.Jacobs

Decided to say thanks to everyone that made his morning cup of coffee available!

-964 people: farmers/truck drivers/roasters/forklift drivers...on and on!

TODAY WE SAY THANKS TO ALL THE MOMS!!!!

-Breakfast in bed is not about the food! (The Thought that counts)

2) We show gratitude through our FOCUS!

-We all can be easily preoccupied.

**Luke 17:11-18** Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. <sup>12</sup> As he was going into a village, ten men who had leprosy met him. They stood at a distance <sup>13</sup> and called out in a loud voice, “Jesus, Master, have pity on us!” <sup>14</sup> When he saw them, he said, “Go, show yourselves to the priests.” And as they went, they were cleansed. <sup>15</sup> One of them, when he saw he was healed, came back, praising God in a loud voice. <sup>16</sup> He threw himself at Jesus’ feet and thanked him—and he was a Samaritan. <sup>17</sup> Jesus asked, “Were not all ten cleansed? Where are the other nine?” <sup>18</sup> Has no one returned to give praise to God except this foreigner?”

-It’s So Easy to forget a miracle!

\*One man turned back and gave thanks!

REAR VIEW MIRROR FAITH!

Sometimes we are just moving so quickly through life that we forget to return and say thanks!

Mark Batterson “Whatever you don’t turn to praise turns into pride”  
Short memory.....we forget

We show gratitude through our THOUGHTS!  
We show gratitude through our FOCUS!

3) We show gratitude through our TIME!

THERE IS ALWAYS WORK THAT NEEDS TO BE DONE!

**Luke 10:38-42** As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. 39She had a sister called Mary, who sat at the Lord's feet listening to what he said. 40But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

41"Martha, Martha," the Lord answered, "you are worried and upset about many things, 42but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."

The “they” in this scene is Christ, the disciples, others following Christ shortly after the 72 returned from their missionary journey. It could have been a handful, could have been many.

Bible says “Martha opened her home” ....

To “open” your home carries with it more than just a greeting in this culture. If you welcomed someone into your home, you provided for their comfort and honored them. Often this included a meal or even lodging. We see in the passage that Martha was busy with the many tasks that came along with providing comfort and probably a meal for at least a handful of men, but possibly more.

\*Do any of you have a sibling that sits around during holidays oblivious to the fact that there is work to be done!

-You know it makes you mad!!

-If you don't have a sibling like that...chances are “you are the one!”

-Mary is so excited that Jesus is with them!

-Martha is so consumed with all that needs to be done!

JESUS TEACHES ALL OF US A VALUABLE LESSON....

**VS 41"Martha, Martha," the Lord answered, "you are worried and upset about many things, 42but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."**

Our time is one of the greatest gifts we can give!

-FAMILY DINNER "TOGETHER"

-Some of you are in church today because Mom asked!

SAME WITH OUR RELATIONSHIP WITH GOD!

We show gratitude through our THOUGHTS!

We show gratitude through our FOCUS!

We show gratitude through our TIME!

RESPONSE:

-Thank God for a miracle

-Thank God for His sacrifice

-Thank God for His faithfulness

-Thank God for His grace