

- **First the Table. Then the Tree.**
- **Opposite entitlement is Gratitude.**
- Sound negative—Complaining almost become art form.
 - *Complain weather—Too hot—Too Cold—Dry—Rainy*
 - *Restaurant: Serve food, wait on you, clean dishes—wanted different.*
 - *Drive car house—Push button—Garage opens—Car gets bad gas mileage*
 - *Climate controlled kitchen—Nothing to eat, TV—Nothing good to watch*
 - *Closet—touch everything, nothing to wear.*
- **By nature, I'm not grateful.**
- **Ingratitude is the original sin.**
- Satan can rob you of EVERYTHING by robbing you of just ONE thing. Gratitude.
- ***23 For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, 24 and when he had given thanks, he broke it, and said, "This is my body, which is for you. Do this in remembrance of me." 25 In the same way also he took the cup, after supper, saying,***

"This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." 1 Corinthians 11:23-25

I WILL NOT LET WHAT I WANT ROB ME OF WHAT I HAVE.

- Gratitude turns what we have into enough.
- ***Not happy people who are grateful—Grateful people who are happy.***

The first obstacle to greater gratitude is simple busyness and distraction.

- Express gratitude for the small and ordinary things.
- Quick to criticize. Slow to Celebrate.

The second obstacle to gratitude is defaulting to the negative over the positive.

- ***"There is no neutrality between gratitude and ingratitude. Those who are not grateful soon begin to complain of everything." –Thomas Merton***

A third obstacle is the phenomenon of adaptation.

- ***"The devil doesn't have to steal anything from you, all he has to do is make you take it for granted." - Max Lucado***

- Tired of my car—thankful!! House is so small—AC, House is always a wreck—kids! Don't like my job, Always busy with kids—healthy! Church is getting to big...

- *Gratitude in Marriage?*

- **What you appreciate, appreciates. What you depreciate, depreciates.**

The fourth obstacle is envy.

- Gratitude lifts our eyes off the things we don't have so we can see the blessings we do have.
- ***Gratitude study in children: in terms of physical health, it boosts the immune system and improves sleep;***
- ***in terms of mental health, it bolsters resilience to stress and lowers depression;***
- ***in terms of character, it strengthens the qualities of humility, compassion, forgiveness, and generosity, as well as feelings of closeness and connection to others.***
- ***parents who worried about their kids' sense of entitlement, 85% blamed themselves for creating it.***

◆ **Prompt them to say “Please” and “Thank you.”**

◆ **Prompt them to think outside themselves.**

◆ **Do service together.**

◆ **Model grateful behavior.**

- **Worship happens when you are aware that what you've been given is far greater than what you can give.**

- Adam and Eve- What they had wasn't enough. Lost

- ***Bus Crash, parents thought it was me***

- Only thing that changed—perspective!

- *Pretend you lost what you have and get it back: House, Spouse/family, Health, Car, Job*

- ***Had they chosen gratitude, would the world be different?***

- ***If you choose gratitude, will your world be different?***

- **You can't be HATEFUL and GRATEFUL.**

Reframe

- Last Supper- **Table to Tree so you could be free!**
- Not grateful for the suffering, Grateful in the suffering.

Remember

- Memory is a catalyst for worship.
- ***1 Bless the Lord, O my soul, and all that is within me, bless his holy name! 2 Bless the Lord, O my soul, and forget not all his benefits, 3 who forgives all your iniquity, who heals all your diseases, 4 who redeems your life from the pit, who crowns you with steadfast love and mercy, 5 who satisfies you with good so that your youth is renewed like the eagle's. Psalms 103:1-5***

- Anything good we have comes from God!
- God gives you—a peace that passes understanding—Holy Spirit to convict, strengthen, encourage. Gives you His Word to guide you.
- Given you health to bless you. Friends love you. Life to enjoy.
- God is completely good. God will never not be good.
- God is constantly good. God could never be less than good.
- God is unchangeably good. Everything our God does is good.

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