

The Benefits of Living a Thankful Life

Colossians 3:15-17; Proverbs 17:22; 1 Thessalonians 5:16-8; Psalm 100:1-5; Colossians 2:6-7; Luke 22:14-20; Philippians 1:3-7

#1: Gratitude is good for our health. Proverbs 17:22

"A grateful heart is pretty good medicine for our health as well."

#2: Gratitude helps us fulfill God's will in our lives. 1 Thessalonians 5:16-18

#3: Gratitude helps us see life from God's perspective. Psalm 100:1-5; Colossians 2:6-7

"Being thankful leads us directly into the presence of God." Steve May

"Every time we say, 'thank you' we're one step closer to the throne of God." Steve May

#4 Gratitude makes us a little more like Jesus. Luke 22:14-20

"Thanksgiving" lessons from observing the gratitude of Jesus.

In times of need we can be grateful for the provision of a loving Father as Jesus was.

In times of confusion we can give thanks for the truth of God's Word as Jesus was.

In times of loss we can be grateful for the comfort and hope of a resurrection as Jesus was.

At all times we can give thanks for the broken body and shed blood of our savior.

Recalling His sacrifice with gratitude leads us to faithfully obey God as Jesus did.

#5 Gratitude blesses others. Philippians 1:3-7