

A Grateful Heart Changes Everything

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The Opposite of Thanksgiving

- Downcast
- Discontentment
- Criticism
- Feeling dejected
- Dispirited
- Despondent



Why are you cast down, O my soul?
And why are you disquieted within me?
Hope in God;
For I shall yet praise Him,
The help of my countenance and my God.

- 4 Enter into His gates with thanksgiving,
And into His courts with praise.
Be thankful to Him, *and* bless His name.
- 5 For the LORD *is* good;
His mercy *is* everlasting,
And His truth *endures* to all generations.

¹⁴ But above all these things put on love, which is the bond of perfection. ¹⁵ And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful.

⁶ As you therefore have received Christ Jesus the Lord, so walk in Him, ⁷ rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving.

Psalm 30:5 NKJV

For His anger *is but for a moment*,
His favor *is for life*;
Weeping may endure for a night,
But joy *comes* in the morning.

Colossians 2:6-7:

- rooted in Christ
- built up in him
- established in faith
- overflowing with thanksgiving



¹⁶ You will know them by their fruits. Do men gather grapes from thornbushes or figs from thistles? ¹⁷ Even so, every good tree bears good fruit, but a bad tree bears bad fruit.

Waymaker lyrics

Even when I don't see it you're working...
Even when I don't feel it you're working...
You never stop working...

Behold what manner of love the Father has bestowed on us, that we should be called children of God!

Therefore the world does not know us, because it did not know Him. ² Beloved, now we are children of God; and it has not yet been revealed what we shall be, but we know that when He is revealed, we shall be like Him, for we shall see Him as He is. ³ And everyone who has this hope in Him purifies himself, just as He is pure.

Question:

Am I trusting in what the world
and others can offer me?
Or am I thankful for what
only God can do for me?

Quote:

Christians are either growing in the Lord, or going backward. That doesn't leave much room in between. It's like true Love; it either grows or it begins to die. Love simply cannot stand still, and never can our walk with Christ.

- J.E.T.

¹⁹ Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ teaching them to observe all things that I have commanded you; and lo, I am with you always, *even* to the end of the age.” Amen.

Truth:

Walk in Him abounding in Thanksgiving.

Nine Fruits of the Spirit:

1. Love
2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness
7. Faithfulness
8. Gentleness
9. Self-control

¹⁵ And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful. ¹⁶ Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. ¹⁷ And whatever you do in word or deed, *do* all in the name of the Lord Jesus, giving thanks to God the Father through Him.

Truth:

Gratitude shifts our mentality
from what we don't have
to what we have been given.

We shift from worry to worship.

Truth:

Thankful hearts
are ready to receive blessings.

Ungrateful or "closed" hearts
are resistant to blessings.