

THANKFULNESS: A PRACTICAL GUIDE

November 27, 2016 Wonderful Mercy

GRATITUDE IS NOT A PLATITUDE

- Thankfulness is an appreciation for life that causes us to realize our indebtedness to God
- Passive opposite: indifference not caring about or acknowledging God's provision
- Active opposite: complaint, grumbling

BIBLICAL THINKING ABOUT THANKING

Colossians 4:2 NIV

"Devote yourselves to prayer, being watchful and thankful."

1 Thessalonians 5:18 AMP

"Thank [God] in everything [no matter what the circumstances may be, be thankful and give thanks], for this is the will of God for you [who are] in Christ Jesus..."

BIBLICAL THINKING ABOUT THANKING

1 Chronicles 16:4 нсsв

"David appointed some of the Levites to be ministers before the ark of the LORD, to celebrate the LORD God of Israel, and to give thanks and praise to Him."

Nehemiah 12:31a NLT

"I led the leaders of Judah to the top of the wall and organized two large choirs to give thanks."

SECULAR THINKING ABOUT THANKING

A person experiencing gratitude is protected from the destructive impulses of envy and greed

The practice of gratitude as a spiritual discipline may cure excessive materialism and its attendant negative emotions of envy, resentment, disappointment, and bitterness

SECULAR THINKING ABOUT THANKING

Gratitude supports well-being by displacing resentment, regret, and other psychological states harmful to long-term happiness

Grateful people experience higher levels of positive emotions—happiness, vitality, optimism, and hope—and greater satisfaction with life

[http://greatergood.berkeley.edu/author/Robert_Emmons/]

THE POWER OF THANKFULNESS

It is an identifier of a Spirit-filled life: "Be filled with the Spirit....²⁰ always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ." (Eph. 5:18b, 20)

It opens the way to God's presence: "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name." (Psalm 100:4)

THE POWER OF THANKFULNESS

It remedies anxiety: "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." (Phil. 4:6-7)

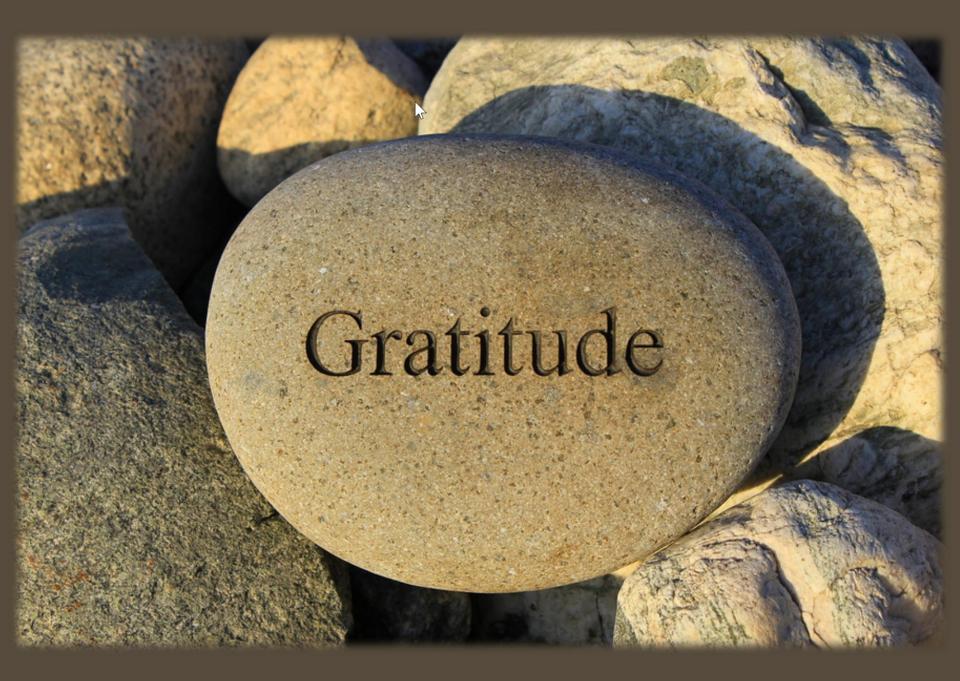
PHROUREIN is military word for standing on guard; is a vigilant peace, a peace that will aggressively defend the heart

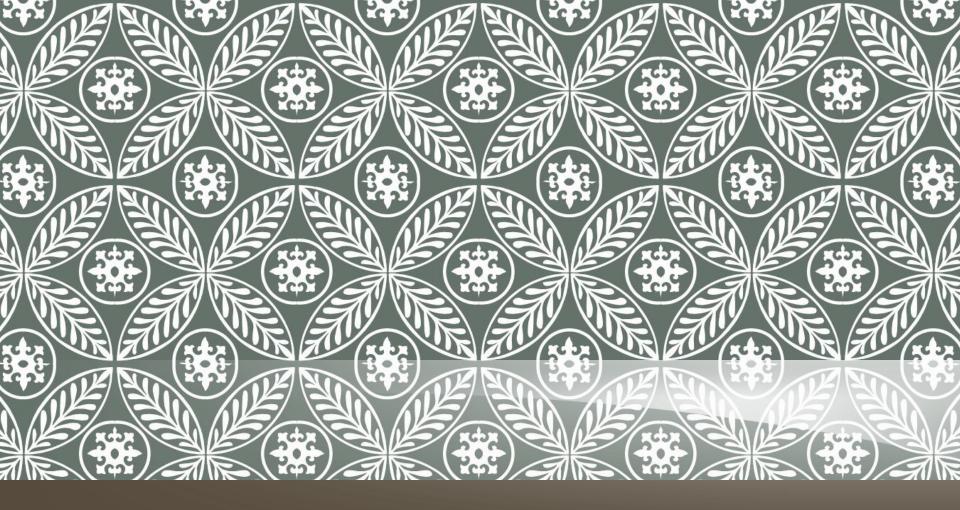
JUST DO IT.

Gratitude is a choice. It doesn't come upon you when Holy Spirit is the mood to bring it

There is no spiritual gift of thankfulness – there is only the practice of it

We cannot wait for optimal conditions to practice it





THANKFULNESS: A PRACTICAL GUIDE

November 27, 2016 Wonderful Mercy