



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** HCSB

“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.” (Psalms 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

A close-up photograph of a smooth, rounded, light-brown stone with the word "Gratitude" inscribed on it in a black, serif font. The stone is surrounded by other rocks of various colors and textures, including grey and blue-grey stones. The lighting is warm, suggesting a sunset or sunrise, with shadows cast across the rocks. A white mouse cursor is visible near the top center of the image.

Gratitude



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