

# Attitude of Gratitude

The Spirit of Life - Week 7 (11-15-23)

Psalm 92:1-5

- I. All you have to give - 1 Thessalonians 5:16-24
  - A. Vs. 18 (AMP) “in every situation [no matter what the circumstances] be thankful and continually give thanks to God; for this is the will of God for you in Christ Jesus.”
  - B. No matter what we offer to God it is an offer of thanks because He will always be the one who initiated this relationship. He is the one that has already paid the price and given the gift. So all that is left to do is give thanks.
    1. “We love Him, because He first loved us.” - 1 John 4:19
  - C. “Everywhere there is worship, there is an altar.” An altar means sacrifice.
    1. Sacrifice is not a negative word as we have grown to think of it.
      - a) In baseball - to advance (a base runner) by means of a sacrifice bunt.
        - (1) Sacrifice for the right things is always a move of advancement. Either for you or for someone else at your own expense. But it is always for the sake of advancement.
    2. A Sacrifice of Praise
      - a) Psalm 116:12-19 - A sacrifice of praise!
        - (1) Giving thanks takes humility because to truly be thankful we must have first received a gift. Sometimes it's hard to receive.
          - (a) It's hard to be grateful if you believe you deserved the gift. Gratitude and entitlement do not mix!
        - (2) Sometimes we don't feel like we have anything to be grateful for. This is a sure sign that your focusing on the wrong things.
          - (a) Your needs have become your God instead of the need-filler.
          - (b) You will never run out of thanks to give to God because He is worthy of our praise and He always will be. His nature is to be merciful.
            - i) “Give thanks unto the Lord, for He is good: for His mercy endureth forever.” - Psalm 106:1, 106:47, 107:1, 118:1, 118:29, 136:1, 136:2, 136:3; 1 Chronicles 16:34, 16:41; Ezra 3:11
  3. 2 Samuel 24:18-25
    - a) The only thing we have to give to God that He values is thanks.
      - (1) Anything we give Him whether it be money, time, possessions, or lives, etc; if it is not given as thanks it's worthless to Him. He doesn't need or want those things. He wants you and your heart.
      - (2) Your lack of thankfulness has nothing to do with your need, but everything to do with your heart.
        - (a) Gratitude is not about what you do or don't have, but about what you do or don't know about God.

- i) The more you truly know about God, the more genuinely grateful you will be.

## II. The language of faith - Philippians 4:4-9

### A. Vs 6 - we need to bring our needs to God with thanksgiving because thanksgiving is the language of faith.

- 1. We can bring our needs to God with thanksgiving already in our hearts because we know that He will meet all our needs. Philippians 4:19

- a) Mark 8:6 - Jesus gave thanks **before** there was enough food.

- 2. Thanksgiving is how we mix our prayers and requests with faith.

- a) Hebrews 4:1-2

### B. Hebrews 3:7-19

- 1. What is the opposite of gratitude?

- a) Murmuring, complaining, entitlement, discontentment, etc.

- b) Just like any parent, God does not enjoy His children whining and complaining, thinking that they are entitled to more.

- c) Grumbling and complaining is a sure sign of disbelief and not trusting that God is who He says He is.

- (1) Distrust is a relationship destroyer!

- 2. You cannot take possession of the promises of God without a grateful heart.

- a) This may be what holds many Christians back from experiencing so much more of what God has for them!

### C. Luke 17:11-19

“Studies have shown that feeling thankful can improve sleep, mood and immunity. Gratitude can decrease depression, anxiety, difficulties with chronic pain and risk of disease. If a pill could do this, everyone would be taking it.” - Amanda Logan, C.N.P.

Mental Illness and Pain Tolerance - <https://www.sciencedirect.com/science/article/abs/pii/S0149763421005819>