

GRATITUDE VS INGRATITUDE – 2 NOVEMBER 24, 2019

REVIEW:

- God created us to glorify Him by manifesting His characteristics among men. One of which is gratitude.
- We know this because Jesus modeled it. Lazarus, fish!
- The fall produced ingratitude: Not appreciating what we have or have been given. Stepping outside God's will shows ingratitude.
- God severely judged ingratitude: Serpents; a reprobate mind (**2 TIMOTHY 3:8** corrupt, resists truth, a wrong way of thinking); rebuke (nine lepers). focus determines gratitude or ingratitude.

CONTINUE – COLOSSIANS 2:6-7

- According to Paul, every believer is to abound with thanksgiving. Abounding means large numbers, or great quantity; overflowing, plentiful, and abundant.
- Thanksgiving is a time to examine our hearts to determine the quality and quantity of our gratitude to God for who He is and all that He's done for us in Christ.

SCRIPTURAL REFERENCES

- **HEBREWS 13:15** – Giving thanks is our sacrifice of praise.
- **1 THESSALONIANS 5:16-18** – Being thankful is God's will.
- **2 CORINTHIANS 2:14** – For always causing us to triumph.
- **1 COLOSSIANS 1:12-14** – For our inheritance which includes deliverance, translation, redemption and forgiveness.
- **COLOSSIANS 3:14-15** – It's commanded.

HARVARD HEALTH PUBLISHING (GRATITUDE)

- Is linked to happiness, increases positive emotions, strengthens relationships, improves physical health, aids in developing problem-solving skills.
- Develops personalities, makes us more optimistic, increases self-esteem, improves sleep, increases energy levels and helps us relax.

GRATITUDE DEVELOPING KEYS

1. Knowing all that we are, have, know and can do is because of God. **1 CHRONICLES 29:10-14**
2. Focusing on daily blessings.
 - A. Life, family, friends.
 - B. Things we have as opposed to what we don't have.
 - **MATTHEW 15:32-38**
3. Expressing gratitude to others reinforces a grateful heart.
 - A. Mutual appreciation builds people up.
4. Refusing to grumble and complain.
 - A. The Israelites, the prodigal son's brother.
5. Facing challenges with the right spirit.
 - A. **PHILIPPIANS 4:6-8**

CONCLUSION: Thankfulness is a choice. If we lack in gratitude, we must decide to change.

DEUTERONOMY 28:47-48 As we recognize God's wonderful blessings and ask Him to change our hearts. He will begin to transform our lives until we overflow with thanksgiving.