

# DEVELOPING A GRATEFUL HEART

NOVEMBER 22, 2022

## INTRODUCTION:

No one instantly develops a grateful heart. One only becomes thankful when one habitually practices gratitude. What are the habits that help us become more thankful?

- 1.) Regularly practice giving thanks.
  - A.) **JAMES 1:17** Everything good comes to us from God. We should make a habit of expressing gratitude when we see something good in our lives. Doing so rewires our brain to become more proficient at recognizing the good as we are at identifying the bad.
- 2.) Express gratitude regardless of the situation.
  - A.) **1 THESS. 5:18** In everything, not for everything, give thanks.
  - B.) **JAMES 1:13-16 HCSB** Jesus taught James personally not to blame God for the trials we encounter in life.
- 3.) Praise God when all is well.
  - A.) **PS. 107:1-2** It's easy to forget to thank God when all is well and life runs smoothly. We thank Him because He's good and merciful.
- 4.) Learn the strength of gratitude.
  - A.) **JAMES 1:2-4** We know the joy of the Lord is our strength, but being joyful and thankful is not a natural response to overwhelming circumstances.
- 5.) Make gratitude a part of our interaction with others.

- A.) PHIL. 1:3-5** Gratitude impacts our relationship with God and with others.
- B.)** To appreciate means to raise value and increase their self-worth.