

# A LIFESTYLE OF GRATITUDE

## NOVEMBER 25, 2025

### INTRO: 1 THES. 5:18

Parents teach their children to say thank you when someone does something for them; unless you're one of the nine unthankful lepers. Although this practice is admirable, it also leads them to believe giving thanks is a reaction rather than a lifestyle. Thanksgiving is more than a reaction. It's a spiritual discipline to be practiced in all circumstances, not just when things go well.

- **EX. 15** - Giving thanks was a natural reaction for a mighty act of God's delivering power.
- **EX. 15, 16** – When challenged with water and food, instead of giving God thanks, they complained. By honoring God with thanksgiving, we acknowledge His presence, power, promises and provision.
- **JOHN 11:41-44** – Jesus illustrates this principle. Paul and Silas practiced it also when in prison.

### 1 COR. 11:23-30

Jesus taught Paul everything He knew. Paul wasn't at the Last Supper. Before being sacrificed, Jesus gave thanks for His body and blood. We, too, are to give thanks to God for the Body and Blood of Jesus, no matter what our circumstances. In doing so, we acknowledge God's presence, power, promises, and provision.

**CONCLUSION:** Our giving of thanks to God involves cultivating a grateful heart that's based on who God is as well as what He's done for us. **PS. 107:1, COL. 3:15** It involves knowing God is good and allowing His peace to rule in our hearts.