

Gratitude

Give thanks in all circumstances; for this is the will of God in Christ Jesus for you. - 1 Thes 5:18

Saying thank you honors the giver. We teach our children to say thank you to be polite, but we are also teaching them to praise the Lord. Gratitude to God is a confession of praise that acknowledges Him as Provider.

Gratitude as a Daily Practice

- Recognize God as the source of all good
- Begin any request with thankfulness for what you have (Phil 4:6-7)
- Identify a threat that causes you fear, worry, anxiety, or distress
Overcome it with a proclamation of faith (gratitude)
- Rehearse the goodness of God, count your blessings (Deut 28:47-48)
- Share your expressions of gratitude with witnesses (Ps 145:1-5)

Gratitude as a Prayer Strategy

A simple prayer of thanksgiving is a profession of faith that changes our focus from our need to the Provider. It interrupts sin and separation while building connection with God.

- Do not be anxious about what you need (Mt 6:25)
 - Mt 6:26, Ps 104:27-28, Ps 145:15-16
- Do not be anxious about length of life (Mt 6:27)
 - Ps 90:12, Ps 39:4
- Do not lust after things of the world (1 John 2:16)
 - James 1:17, Col 3:2
- Do not judge others or have a critical spirit (Mt 7:1-3)
 - Let God be judge (James 4:11-12)
 - Rehearse goodness (Phil 4:8, 1 Cor 13:4-7, Rom 12:9-12)

Benefits of Gratitude

- Increased faith and trust
- Generosity
- Blessing of *shalom*
- God is most glorified in us when we are most satisfied in Him.

Through Him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge His name. - Heb 13:15