

EVALUATING OUR GRATITUDE

JUST HOW THANKFUL AM I?

Scientific research proves —
Gratitude is good for you!

Extensive scientific studies have shown gratitude to:

- ▶ Improve sleep
- ▶ Lower high blood pressure
- ▶ Strengthen the immune system
- ▶ Help control glucose levels
- ▶ Extend lifespan
- ▶ Boost self-confidence
- ▶ Improve optimism
- ▶ Help battle depression
- ▶ Improve mood

NOTES—

- ▶ In the psalms, the Hebrew word *yadah* is translated “thanks” in the ESV and “praise” in the NIV. It is a root for words that describe a range of expressions of honor to Yahweh.
- ▶ In the New Testament, “thanks” is primarily represented by two words: *charis*, which means grace; and *eucharistia*, from which we get the English word Eucharist (or Communion).

Is not the cup of thanksgiving for which we give thanks a participation in the blood of Christ?

—1 Corinthians 10.16

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What can I render to the LORD for all His benefits to me?

—PSALM 116.12

- ▶ Being a thankful person is more than just thinking that you are a thankful person.

“When you sacrifice a thank offering to the LORD, sacrifice it in such a way that it will be accepted on your behalf.”

—LEVITICUS 22.29

*“Those who sacrifice thank offerings honor me
and open the way that I may show them my salvation.”*

—PSALM 50.23

- ▶ In other words, you can't assume that you are thankful; you must show (demonstrate, prove) that you are thankful.

*With a freewill offering I will sacrifice to you;
I will give thanks to your name, O LORD, for it is good.*

—PSALM 54.6

Praise the LORD!

*I will give thanks to the LORD with my whole heart,
in the company of the upright, in the congregation.*

*Great are the works of the LORD,
studied by all who delight in them.*

—PSALM 111.1-2

- ▶ Thankfulness is a fundamental test of whether we honor or dishonor God.

For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened.

—ROMANS 1.21

Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, for our “God is a consuming fire.”

—HEBREWS 12.28-29

► Thankfulness is meant to be conspicuous.

*In God we have boasted continually,
and we will give thanks to your name forever.*

—PSALM 44.8

Giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ.

—EPHESIANS 5.20

Give thanks in all circumstances; for this is God's will for you in Christ Jesus.

—1 THESSALONIANS 5.20

For everything God created is good, and nothing is to be rejected if it is received with thanksgiving.

—1 TIMOTHY 4.3

Day and night they never stop saying:

*“‘Holy, holy, holy
is the Lord God Almighty,
who was, and is, and is to come.’”*

Whenever the living creatures give glory, honor and thanks to him who sits on the throne and who lives for ever and ever, the twenty-four elders fall down before Him who sits on the throne and worship Him who lives for ever and ever.

—REVELATION 4.8-9

LIVING OUT GRATITUDE

*Thankfulness is the
beginning of gratitude.
Gratitude is the completion
of thankfulness.
Thankfulness may consist
merely of words.
Gratitude is shown in acts.*

—Henri Frederic Amie

*Dear children, let us not love
with words or speech
but with actions and in truth.*

—1 John 3.18

- ▶ **When you wake up:** Before you reach for your phone or do anything else, give thanks to God for ten (10) blessings from yesterday.
- ▶ **Every day:** Tell each member in your household, specifically and individually, how much you love and appreciate them.
- ▶ **Every day:** Spend 10 minutes together as a family recounting God's blessings and giving thanks to Him for His goodness to you as a family.
- ▶ **Develop the skill** of responding to every negative emotion or incident with "micro-moments" of gratitude and worship.
- ▶ **Before you go to sleep:** Honor the Lord by listing ten (10) things that you recognize about His character – *"I will give to the LORD the thanks due to his righteousness . . ."* (Psalm 7.17)