

## ☞ The Gratitude Factor

**Psalm 100** A psalm. For giving grateful praise.

**<sup>1</sup> Shout for joy to the Lord, all the earth. <sup>2</sup> Worship the Lord with gladness; come before him with joyful songs. <sup>3</sup> Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture.**

**☞ <sup>4</sup> Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. <sup>5</sup> For the Lord is good and his love endures forever; his faithfulness continues through all generations.**

**v. 4 Enter his gates** – the entrance to the tabernacle (*there were a number of other objects between the gate and the Most Holy Place of God's presence, but this is where the entry begins*)

**With Thanksgiving** = Hebrew “todaw” which is a **verbal expression of gratitude** and typically happened in public worship.

**Why give thanks?**

**☞ We experience his presence when we're grateful.**

Psalms 95:1-2

Come, let us sing for joy to the LORD; let us shout aloud to the Rock of our salvation. 2 Let us come before him with thanksgiving and extol him with music and song.

*God has two dwellings: one in heaven, and the other in a meek and thankful heart.*

*--William Law... Who is the greatest saint in the world? It is not he who prays most or fasts most; it is not he who gives most...; but it is he who is always thankful to God, ...who receives everything as an instance of God's goodness, and has a heart always ready to praise God for it.*

**☞ When to give thanks?**

**☞ Ephesians 5:19-20**

Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, 20 **always** giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

*The Feeling of Gratitude... Thanksgiving is a duty before it's a feeling. At some point I grew up and made a simple discovery. "The emotion of feeling grateful doesn't happen naturally. It is a result of the deliberate choice of demonstrating gratitude." In other words, you don't show gratitude because you feel grateful, you feel grateful because you show gratitude.*

### ☞ **1 Thessalonians 5:16-18**

Be joyful always; 17 pray continually; 18 give thanks **in all circumstances**, for this is God's will for you in Christ Jesus.

### *Habakkuk 3:17-18*

*Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, 18 yet I will rejoice in the LORD, I will be joyful in God my Savior.*

*Don't grumble because you don't have what you want--be thankful you don't get what you deserve.*

*--Charles Allen... I've seen a picture of the pilgrims at the first American Thanksgiving. Do you know half of their number died the first year they were here? They had a hard time, and it was a cold winter. Dangers lurked everywhere, but those pilgrims didn't think of the death of their loved ones and the dangers and the cold weather. They didn't let that obscure the blessings of God. They went together, and they thanked the Lord for the blessings they had received.*

*Sometimes we need to put down our assets alongside our losses. Every one of us is more blessed than we are hurt.*

### ☞ **How to give thanks?**

### ☞ **Colossians 2:6-7**

So then, just as you received Christ Jesus as Lord, continue to live in him, 7 rooted and built up in him, strengthened in the faith as you were taught, and **overflowing** with thankfulness.

2 Timothy 3:1-5 reminds us of the terrible times in the last days. Things like abuse, treachery, slander and brutality are mentioned. But, so also is an ungrateful attitude.

*--Henry Ward Beecher... Pride kills thanksgiving, but a humble mind is the soil out of which thanks naturally grows. A proud man is seldom a grateful man, for he never thinks he gets as much as he deserves.*

### ☞ **Philippians 4:6**

Do not be anxious about anything, but in everything, by **prayer** and petition, with thanksgiving, present your requests to God.

### ☞ **Psalms 105:1-2**

Give thanks to the LORD, call on his name; make known among the nations what he has done. 2 Sing to him, sing praise to him; **tell** of all his wonderful acts.

### ☞ **What to be thankful for?**

### ☞ **2 Corinthians 9:15**

Thanks be to God for his **incredible gift!**

### ☞ **1 Corinthians 15:56-57**

The sting of death is sin, and the power of sin is the law. 57 But thanks be to God! He gives us the **victory** through our Lord Jesus Christ.

### ☞ **1 Thessalonians 1:1-2**

Paul, Silas and Timothy, To the church of the Thessalonians in God the Father and the Lord Jesus Christ: Grace and peace to you. 2 We always thank God **for all of you**, mentioning you in our prayers.

### ☞ **1 Chronicles 29:14**

"But who am I, and who are my people, that we should be able to give as generously as this? **Everything** comes from you, and we have given you only what comes from your hand.

- ◆ *Be thankful that you don't already have everything you want. If you did, what would there be to look forward to?*
- ◆ *Be thankful when you don't know something, this gives you the opportunity to learn.*
- ◆ *Be thankful for the difficult times. During those times you grow.*
- ◆ *Be thankful for your limitations, because they give you opportunities for improvement.*
- ◆ *Be thankful for each new challenge, because it will build strength and character.*
- ◆ *Be thankful for your mistakes. They will teach you valuable lessons.*

*--Richard B. Douglass... The modern American seldom pauses to give thanks for the simple blessings of life. One reason is that we are used to having so much. We simply assume that we will have all the good things of life. Another reason is that it hurts our pride to be grateful. We do not want to admit that God is the Provider of all good things. We are simply His stewards. Being thankful requires humility and faith in God. When we have these, we can be grateful.*

*--John Yates... I was on the football field at our local high school the other day, where my son was running cross country. As I watched these boys and girls, I was preoccupied with recent problems. I also remembered my cross-country days twenty-five years ago and naturally breathed a prayer of thanksgiving. The prayer was something like, "Lord, thank you so much that I'm not running cross country anymore."*

*Then I sort of loosened up a bit and looked around me. The sky was blue; the leaves were yellow; the air was crisp. I began to enjoy the beautiful day. I forgot my problems and quietly thanked God for the beauty of the world around me. My spirits lifted as I began to appreciate the goodness of God, right there in the middle of the football field.*

### **☞ Gratitude keeps us grounded!**

I heard Joyce Meyer talking about gratitude just the other day. She was careful to stress the act of thanks-giving rather than just thankfulness. We need to actually express our gratitude. Say the words. Name the reasons. Give thanks!

Share some testimonies of gratitude.