

# DEVELOPING AN “ATTITUDE OF GRATITUDE”

## Introduction –

### **\*ABOUT TODAY SUBJECT...**

- *We all believe that it’s both true and powerful, yet so few of us actually walk it out continually.*
- *Yet, those who do walk it out will also experience greater peace, joy, contentment, faith & victory!*
- *We’re talking about being a thankful person! >Are you a thankful person? (What do others say?)*

### **\*WHY IS IT SO SIGNIFICANT AND IMPORTANT?**

- *It is ALWAYS God’s will*
- *It affects your WHOLE BEING (Spirit, Emotionally, Mentally, Physically)*
- *It affects your TESTIMONY & WITNESS*
- *It is an indicator of the HEALTH OF YOUR HEART*

### **\*TWO OBSERVATIONS...**

- *Gratefulness doesn’t come natural*
- *Becoming grateful requires choosing and practice*

**1 Thess 5:18 – “IN EVERYTHING GIVE THANKS; FOR THIS IS GOD’S WILL FOR YOU IN CHRIST JESUS.”**

## **\*HOW TO DEVELOP AN ATTITUDE OF GRATITUDE...**

### **1. COUNT (DON’T COMPARE) YOUR BLESSING**

*When upon life’s billows you are tempest tossed,  
When you are discouraged thinking all is lost,  
Count your many blessings, name them one by one  
And it will surprise you what the Lord has done.*

*\* (COUNT YOUR BLESSINGS by Johnson Oatman, Edwin Excell)*

#### **FURTHER DISCUSSION:**

1. What measuring stick do we often use resulting in inconsistent gratefulness?
2. What measuring stick should be use and why?

### **2. LEARN CONTENTMENT**

*\*Phil 4:11-12 – “I have learned to be content whatever the circumstance. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.”*

#### **FURTHER DISCUSSION:**

3. How does Phil 4:11-12 compare to Prov 30:8-9? Why is this a “step up”?
4. Why is it hard, especially in America, to be content?
5. What are some “keys” to learning contentment?

### **3. PROPER FOCUS**

*\*Phil 4:8 – “Finally brother, if anything is excellent or praiseworthy – think about such things.”*

#### **FURTHER DISCUSSION:**

6. How did the black dot on the white marker board illustrate this point?
7. What must become our focus if we are to become grateful in every circumstance?

#### **4. TRUST IN GOD'S BIGGER PICTURE**

*\*Rom 8:28 – “And we know that God causes all things to work together for good to those who love love God, to those who are called according to His purpose.”*

*\*James 5:11 – “...From Job's experience we see how the Lord's plan **finally ended in good**...”*

##### **FURTHER DISCUSSION:**

8. How did the biscuit illustrate this point?
9. Can you give an example where something happened to you that initially didn't look good, but later made sense and was actually a good thing after all?

#### **5. TAKE TIME TO SMELL THE FLOWERS**

*\*Ps 90:12 – “Lord, teach us to number our days, that we may apply our hearts to wisdom.”*

*\*James 4:14 – “...For your life is like the morning fog – **it's here a little while, then it's gone**.”*

##### **FURTHER DISCUSSION:**

10. Why is it so hard for so many of us to stop and smell the flowers?
11. Pastor spoke of flowers at funeral homes. How did he use it to illustrate this point?

#### **6. TRAIN YOURSELF TO EXPRESS THANKS**

*\*Luke 17:17-18 – “Jesus asked, ‘WERE not all ten cleansed? WHERE are the other nine? WAS no one found to return and give praise to God except this foreigner?’*

##### **FURTHER DISCUSSION:**

12. Have you noticed a general lack of thanks in the public arena, especially venues of service? Can you give examples?
13. Did a lack of gratefulness ever bother Jesus? What Bible story illustrates this?

**CONCLUSION:** If you have a tendency to grumble and complain, rather than giving thanks in all things, why not surrender this area to God today (yes, even if you've done it before). Ask Him to help you apply today's Word so that you can do His will, enjoy the benefits of a grateful heart, and be a testimony that reflects your trust and hope in Christ.