

Growing in Gratitude

November Sermon Series

Guard Your Heart with Gratitude

Lesson Three

“No one sees how much you do for them; they only see what you don’t do.”

Scripture: Proverbs 4:23

**Above all else, guard your heart,
for everything you do flows from it.**

What Does it Mean to Guard Your Heart?

Guarding our hearts mean being wise and discerning in our lives. It means protecting ourselves as Christians from all the things that would come to harm us.

What are the Issues of Life?

Life issues are common problems, issues and crises that happen to normal people living normal lives. Managing relationships so that they are healthy and functional, surviving disabilities, coping with grief, loss, and self-esteem issues.

What Thankfulness Says About Us

Ephesians 5:18-20, Do not get drunk with wine, for that is debauchery, but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ.

**Gratitude is both an *indicator* of
your heart and a *defender* of your
heart.**

Gratitude has a gravity to it - the more you do it the more you see it.

**Gratitude is a habit you must train
your heart to do each day in all
circumstances.**

Joshua 4:23-24, For the LORD your God dried up the Jordan before you until you had crossed over. The LORD your God did to the Jordan what he had done to the Red Sea when he dried it up before us until we had crossed over. He did this so that all the peoples of the earth might know that the hand of the LORD is powerful and so that you might always fear the LORD your God."

10 Benefits of Guarding Your Heart with Thanksgiving

**1. Gratitude glorifies God.
I Corinthians 4:15**

**2. Gratitude helps us see God.
James 1:16-17**

**3. Gratitude puts us squarely in
God's will.**

1 Thessalonians 5:18

**4. Gratitude brings
contentment.
1 Timothy 6:6-8**

5. Gratitude deepens faith.
Psalm 136:1

6. Gratitude leads to joy.
Psalm 126:1-3

7. Gratitude defies Satan's lies.
Psalm 84:11

**8. Gratitude guards against
envy.**

Psalm 138:1

**9. Gratitude helps us live in the
present.**

Psalm 118:24

**10. Gratitude is a testimony.
Psalm 105:1**