

Growing in Gratitude

November Sermon Series

Overflowing with Gratitude

Lesson Two

“Gratitude, like faith, is a muscle. The more you use it, the stronger it grows, and the more power you have to use it on your behalf.”

II Corinthians 4:8-12,15 (NIV)

We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body.

For we who are alive are always being given over to death for Jesus' sake, so that his life may also be revealed in our mortal body. So then, death is at work in us, but life is at work in you. All this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God.

The Presence of Gratitude:

1.If gratitude is not one of the themes of your spiritual life, you are crippled.

2.There is nothing outside of us that restrains (hinders) gratitude.

**Gratitude is the soil of a
healthy soul.**

**Gratitude by nature pulls toward
relationship, ingratitude pushes
away.**

Why Practice Gratitude?

Colossians 3:15-17 (NIV)

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Ingratitude destroys the soul!
**“It is only with gratitude that life
becomes rich.”**

How Do We Practice Gratitude?

**Ephesians 5:20, Giving thanks
always for all things unto God and
the Father in the name of our Lord
Jesus Christ.**

Four Levels of Living:

Level 1 - griping and complaining

Level 2 - never give thanks

Level 3 - give thanks only when things are well

Level 4 – give thanks always for everything

**Five Principles That Will Help You
Achieve the Highest Level of
Living:**

1. Our Gratitude Is to Be Proper.

Deuteronomy 8:18, But you shall remember Yahweh your God, for it is He who gives you power to get wealth; that He may establish His covenant which He swore to your fathers, as at this day. Giving thanks to God is a way to remember God.

Psalm 92:1, “It is a good thing to give thanks unto the Lord, and to sing praises unto thy name, O Most High.”

2. Our Gratitude Is to Be Perpetual.

Psalm 68:19 says, "Blessed be the Lord, who daily loads us with benefits...." Every day God has brand-new blessings for you, and every day you ought to thank Him. Every prayer that you pray ought to be seasoned with thanksgiving. Your gratitude to God should last for a lifetime.

Psalm 34:1-3, I will bless the Lord at all times: His praise shall continually be in my mouth. My soul shall make her boast in the Lord: the humble shall hear thereof and be glad. O magnify the Lord with me and let us exalt His name together.

3. Our Gratitude Is to Be Pervasive.

Give Thanks in Everything:

- **Spiritual things**
- **Simple things**
- **Sorrowful things**

4. Our Gratitude Will Be Pleasurable.

5. Our Gratitude Is Possible.

Are You Full of Gratitude?

Gratitude Is:

A Response to the hand of God (God's actions). Psalm 9:1

A Reaction to the heart of God (God's nature). I Chron. 16:24

A Result of our growth in God (Our Character). Colossians 2:6-7

A deficit of gratitude in our lives is often an indication that we have not fully understood and embraced grace.