



A TIME FOR  
*Gratitude*



*The Art and Science  
Of  
Thanksgiving*

# Be Thankful

- Responding to life's challenges and trials—like a mule! “Shake it off and step up!”
- . . . give thanks **IN** all circumstances, for this is God's will for you in Christ Jesus. (1 Thessalonians 5:18)
- . . . always [give] thanks to God the Father **FOR** everything, in the name of our Lord Jesus Christ. (Ephesians 5:20)
- . . . be anxious for nothing, but in everything, by prayer and petition, **WITH THANKSGIVING**, present your requests to God.  
7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philip. 4:6-7)

# Be Thankful

- Thanksgiving is not just a feeling or a response to good things; it's often a sacrifice.
- ***I will SACRIFICE a thank offering to you and call on the name of the LORD.*** (Ps. 116:17)
- "Gratitude as a discipline involves a conscious choice. I can choose to be grateful even when my emotions and feelings are still steeped in hurt and resentment. It is amazing how many occasions present themselves in which I can choose gratitude instead of a complaint. I can choose to be grateful when I am criticized, even when my heart still responds in bitterness. I can choose to speak about goodness and beauty, even when my inner eye still looks for someone to accuse or something to call ugly."  
~ Henri Nouwen

# Realizing the Blessings of Gratitude

- Expressing thanks can bring healing and health.
  - Proverbs 17:22 ***A cheerful heart is good medicine, but a crushed spirit dries up the bones.***
- Expressing thanks opens the doors for blessings
  - Psalms 50:23 ***He who sacrifices thank offerings honors me, and he PREPARES THE WAY so that I may show him the salvation of God.***
- Thankfulness is a powerful weapon against . . .
  - Greed
  - Pessimism
  - Anger
  - Fear
  - Depression

# *The Subject of our Thanksgiving*

- *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. (Rom. 1:21)*
- *THANKS BE TO GOD! He gives us the victory through our Lord Jesus Christ. (1 Cor. 15:57)*
- *THANKS BE TO GOD, who always leads us in triumphal procession in Christ and through us spreads everywhere the fragrance of the knowledge of him. (2 Cor. 2:14)*
- *THANKS BE TO GOD for his indescribable gift! (2 Cor. 9:15)*
- *We can be thankful because we know that every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. (James 1:17)*

# *How Can We Say, “Thanks!”?*

- *Leviticus 22:29 "When you sacrifice a thank offering to the LORD, sacrifice it in such a way that it will be accepted on your behalf.*
- *The Pharisee [who] stood up and prayed about himself: 'God, I THANK YOU that I am not like other men--robbers, evildoers, adulterers--or even like this tax collector. (Lk. 18:11)*
- **Gratitude is best expressed in thoughtfulness and generosity to others—both of which result in peace and prosperity—which we desire most in life!**

# A “Thanksgiving Journal”

- Each night before going to bed write down three good things (ordinary or extraordinary) that happened to you during the day. Studies reveal those who continue this exercise for one week straight can increase their happiness and decrease depressive symptoms for up to a six-month period.
- And we can be thankful because ultimately *we are receiving a kingdom that cannot be shaken, [so] let us BE THANKFUL, and so worship God acceptably with reverence and awe, (Heb. 12:28)*