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Grounded in Gratitude
I Thess. 5:18

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Introduction:

   A.   Paul said that difficult days were coming when people would be… ungrateful (2 Tim. 3:1-2).

   B.   Few of us enjoy being around those who are ungrateful and unappreciative.

   C.   Ungrateful people often repel others (Ex: boss, spouse, children, friend or even a stranger in traffic).

Big Idea: Jesus followers should have lives characterized by gratitude (I Thess. 5:18; Rom. 1:21).

An Attitude of Gratitude – If we claim to abide in him, we must walk as Jesus walked (I Jn. 2:6).

   A.   Jesus gave thanks for food (Jn. 6).

   B.   Jesus gave thanks before raising Lazarus for God hearing Him (Jn. 11).

   C.   Jesus gave thanks for the bread and cup (Lk. 22).

Living Out Our Gratitude

   A.   Count your blessings

      1. Guard against forgetting…"Bless the Lord, O my soul, and forget not all his benefits (Psa. 103:1-2).

      2. Our spirit of gratitude should never depend on our circumstances (Acts 16:25).

      3. "How can I repay God for all his goodness to me?" (Psa. 116:12).

   B.   Learn to be content.

      1. Those who tend to be the most ungrateful are usually those who are the least content.

      2. We need to be on guard so we do not become discontent (Num. 14:2; Phil. 4:11-12).

      3. "So much has been given to me I have no time to ponder that which I don't have" (Helen Keller).

   C.   Express your gratitude

      1. Our unexpressed gratitude often times communicates ingratitude to others (Lk. 17:11-19).

      2. Express gratitude toward God (Psa. 105:1-2). Too often we are quick to make our requests and slow
         to thank God for His answers.

      3. Express gratitude toward others. We make our children say thank you immediately when people do
         things for them.

Conclusion:

   A.   Question to consider this morning: Are we living a life characterized by gratitude?

   B.   We all have a great deal to be thankful for both materially and spiritually.

   C.   For a child of God thankfulness is not confined to a day or season, it is an attitude that should
         characterize our lives.

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