



Psalm 92:1 (KJV)

“It is a good thing to give thanks unto the Lord...”

- Gratitude Develops your Personality.
- Gratitude Makes you more Optimistic.
- Gratitude Increases your Spirituality.
- Gratitude Make you less Self-centered.
- Gratitude Increases your Self-esteem.

**Growing in Gratitude – Part Two**  
**Psalm 107:1-9**

Psalm 107:1-9 (NIV)

“Give thanks to the Lord, for he is good; his love endures forever. Let the redeemed of the Lord tell their story—...they cried out to the Lord in their trouble, and he delivered them from their distress. Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind, for he satisfies the thirsty and fills the hungry with good things.”

**I. Gratitude will make you a Growing Believer**

Psalm 107:43 (NIV)

“Let the one who is wise heed these things...”

"The thief may have some streaks of honesty in him, the deadbeat spots of honor, the liar hours when he loves the truth, the libertine occasions when he has impulses to be pure; but there is nothing redemptive in the one who is ungrateful." - James Merritt

"If one should give me a dish of sand, and tell me that there were particles of iron in it, I might look for them with my eyes and search for them with my clumsy fingers, and be unable to detect them, but let me take a magnet and sweep through it, and how it would draw to itself the most invisible particles by the mere power of attraction! The unthankful heart, like my finger in the sand, discovers no mercies. But let the thankful heart sweep through the day, and as the magnet finds the iron, so my heart will find in every hour some heavenly blessings." - Henry Ward Beecher

## **II. Gratitude will make you a Generous Believer**

Psalm 107:21, 22 (NIV)

"Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Let them sacrifice thank offerings and tell of his works with songs of joy."

1 Chronicles 29:13-14 (NIV)

"Now our God, we thank You, and praise Your glorious name. Who am I and who are my people that we should be able to offer as generously as this? For all things come from You, and from Your hand we have given You."

## **III. Gratitude will make you a Glad Believer**

Verse 28,30 – "they cried out to the Lord in their trouble, and he brought them out of their distress. ...then, they were glad..."

Philippians 4:4, 6 (NIV)

"Rejoice in the Lord always. I will say it again: Rejoice! Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

- Glad Because of God's Deliverance
- Glad Because of God's Direction
- Glad Because of God's Dependability

"We've studied more than one thousand people, from ages eight to 80, and found that people who practice gratitude consistently report a host of benefits: Stronger immune systems; Lower blood pressure; longer sleep; More joy and pleasure; More optimism and happiness; More outgoing; and feeling less lonely and isolated."

"Grateful people report higher levels of positive emotions, life satisfaction, vitality, optimism and lower levels of depression and stress. The science is overwhelmingly in agreement that if you want to make very positive changes in how you experience life, being grateful can make a big difference!" – Dr. Robert A. Emmons