



Psalm 92:1 (KJV)

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

- Gratitude Makes you Happier.
- Gratitude Makes People like you.
- Gratitude Makes you Healthier.
- Gratitude Boosts your Career.
- Gratitude Strengthens your Emotions.

Growing in Gratitude – Part One
I Thessalonians 5:18

I Thessalonians 5:18 (HCSB)

“Give thanks in everything, for this is God’s will for you in Christ Jesus.”

I. The Command we Obey – “Give thanks...”

Psalm 100:4 (NIV)

“Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.”

"I hate ingratitude more in man than lying, vainness, babbling, drunkenness, or any taint of vice, whose strong corruption inhabits our frail blood. How sharper than a serpent's tooth it is to have a thankless child."

William Shakespeare

II. The Challenge we Accept – “in everything...”

- Our Benefits

Psalm 103:2 (NASB)

"Bless the LORD, O my soul, And forget none of His benefits."

- Our Burdens

II Corinthians 4:8-15 (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. ... 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.

- Our Blessings

Colossians 2:6-7 (NIV)

So then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

III. The Confidence we Enjoy – “...this is God’s will for you in Christ Jesus.”

"Would you know who is the greatest saint in the world? It is not he who prays most; it is not he who gives most, or is more eminent for chastity, or justice; but it is he who is always thankful to God, who receives everything as an instance of God's goodness, and has a heart always ready to praise God for it."

William Law, A Serious Call to a Devout and Holy Life