

“Life is a Gratitude Adventure”

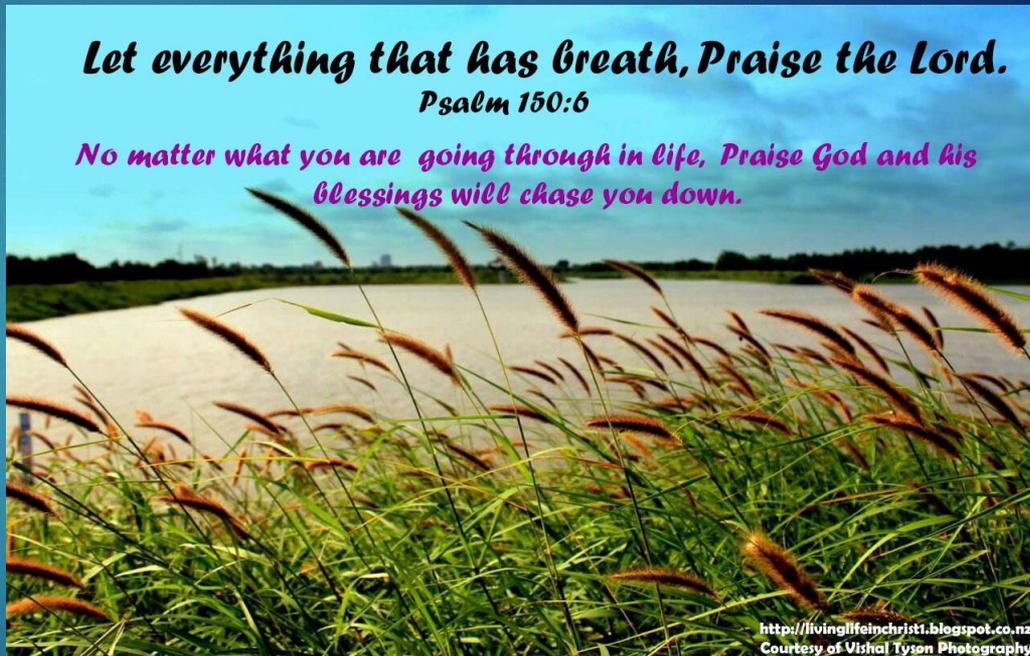
“PSALM 150:6 - “LET
EVERYTHING THAT HAS
BREATH PRAISE THE LORD”

SCOTT SWEETLAND, ELDER, NHCC

Let everything that has breath, Praise the Lord.

Psalm 150:6

*No matter what you are going through in life, Praise God and his
blessings will chase you down.*



<http://livinglifeinchrist1.blogspot.co.nz/>
Courtesy of Vishal Tyson Photography

Life is a Gratitude Adventure

Old Testament Scripture Verses

“Let everything that has breath praise the Lord” - Psalm 150:6

“Give thanks with a grateful heart.” – Psalm 107:1

“Give thanks to the Lord, for He is good ; His love endures forever.” – Psalm 118:1



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New Testament Scripture Verses

“Thanks be to God! He gives us the victory through our Lord Jesus Christ” – 1 Corinthians 15:57

“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.” - Colossians 3:17

God even tells us to be grateful in trials and suffering:

“Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; 4 perseverance, character; and character, hope.” - Romans 5:3-4



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What does God say about NOT being grateful?

“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.” – ROMANS 1:21



What are some things that Americans take for granted?

- ▶ Toilet paper AND Toilets that can flush toilet paper 😊
- ▶ Food is relatively cheap and very plentiful
- ▶ Cars are relatively cheap
- ▶ Clean running water
- ▶ Reliable utilities
- ▶ American football



What are some things that Americans take for granted?

▶ **FREEDOM!**

- ▶ What percentage of the countries in the world do you think are free?
 - ▶ 43%
- ▶ What percentage of people in the world live in a free country?
 - ▶ 20%



What are some things that Americans take for granted? Partial List....

- ▶ Everyone is equal in the eyes of the law regardless of race/gender
- ▶ Freedom to marry (and divorce) whoever you want
- ▶ Freedom of religion
- ▶ Freedom of speech (even against the government)
- ▶ Right to education
- ▶ Right to a fair trial
- ▶ Freedom to access information
- ▶ Freedom against unlawful searches
- ▶ Freedom to own property
- ▶ Right to vote
- ▶ Freedom to start a business



What are some things that Americans take for granted?

- ▶ **Health and Life**
- ▶ **Medicine and Medical Care**
- ▶ **Our wealth**
 - ▶ **Median Household Income USA: \$68,400**
 - ▶ **Median Household Income Global: \$9,733**
- ▶ **Relationships**
- ▶ **Jesus!**



Is there scientific evidence for Gratitude?

- ▶ **YUP!**
- ▶ **Article by Dr Melanie Greenberg in Psychology Today on “How Gratitude Leads to a Happier Life”**
- ▶ **Studies by Dr. Robert Emmons, a professor of psychology at the University of California, Davis**



What can you do to be more grateful?

- ▶ Travel to another country...do mission work for example
- ▶ Get out in nature...take a walk, paddle, experience and appreciate God's creation around you
- ▶ Reflect on someone who has helped you in your life
- ▶ Ask servers at restaurants their name? Tell them thank-you...think about all the people it took to get the food to your table...tip well!
- ▶ Pray prayers of thanksgiving to God

“Let everything that has breath praise the Lord” - Psalm 150:6



What can you do to be more grateful? Homework assignment! 😊

- ▶ Write down 5 things you are Grateful for...

I am Grateful for:

- ▶ What ONE thing will you do starting today to express Gratitude?

Gratitude unlocks the fullness of life. It turns what we have into enough. —
Melodie Beatty



From Alive and Breathing, by Matt Mahar

**“Joy still comes in the morning
Hope still walks with the hurting
If you're still alive and breathing
Praise the Lord
Don't stop dancing and dreaming
There's still Good News worth
repeating
So lift your head and keep singing
Praise the Lord”**

**Life is a
Gratitude
Adventure!**

