

Living Gratitude

Colossians 3:17 – “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.”

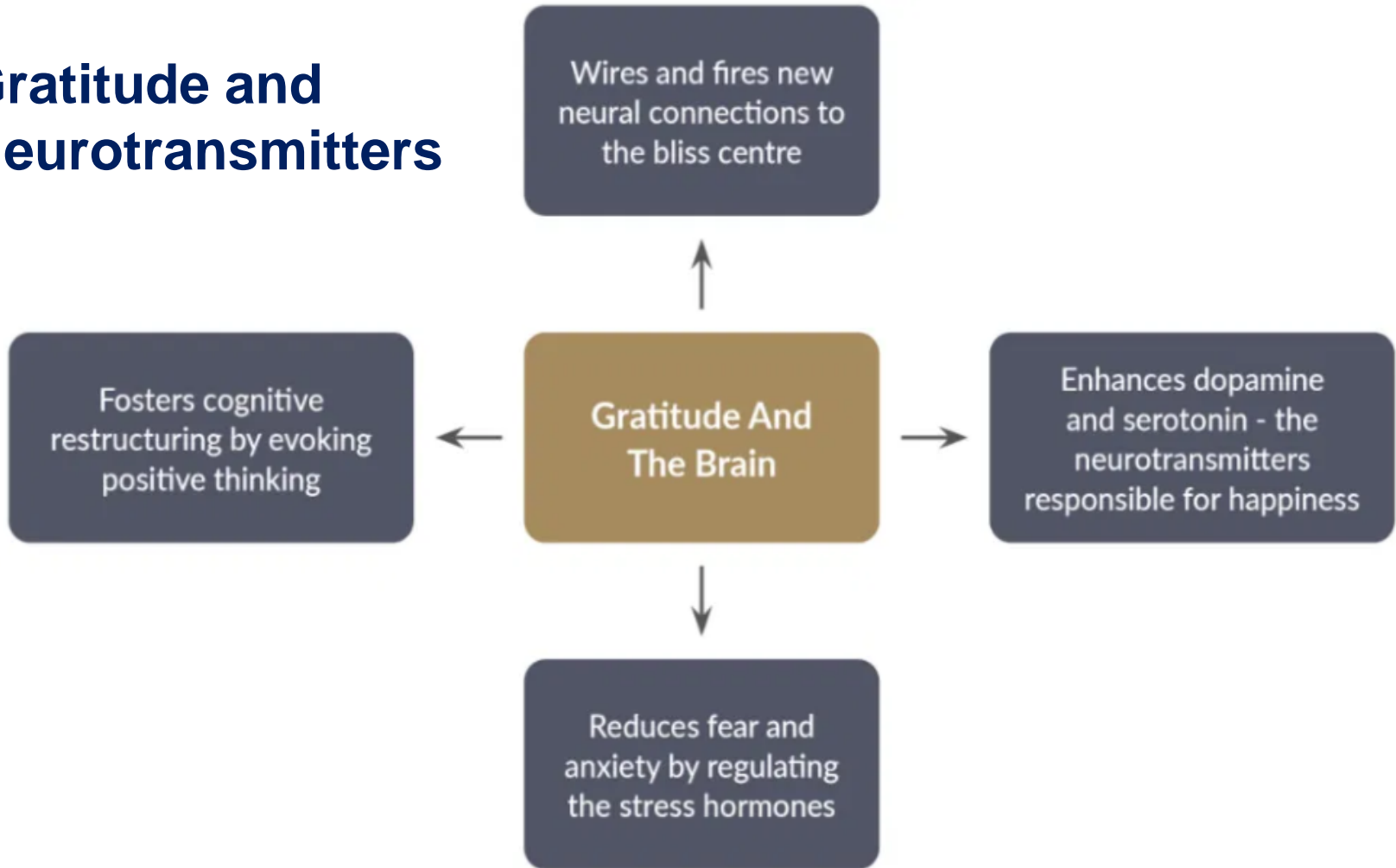
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What are Americans most grateful for?

- 1. Family and Relationships:** Approximately **80-90%**
- 2. Health and Well-being:** About **70-75%**
- 3. Home and Security:** Around **60-65%**
- 4. Work and Financial Stability:** Roughly **50-55%**
- 5. Freedom and Rights:** **40-50%**
- 6. Nature and the Environment:** Approximately **30-35%**
- 7. Community and Connection:** About **25-30%**
- 8. Personal Growth and Learning Opportunities:** **20-25%**

Gratitude and Neurotransmitters



Why should we care about Gratitude?

Psychological “Happier You”

- Positive emotions & thoughts
- More aware
- Self-satisfaction
- Better mood



Benefits Of Gratitude

Social “Better You”

- Better communication
- More empathy
- Better relationships
- More likeable & more involvement

Physical “Fitter You”

- Stronger immune system
- Fewer aches/pains
- Blood pressure/cardiac function
- Better sleep

Biblical/Spiritual benefits of Gratitude

▶ Gratitude Strengthens Relationship with God

- ▶ Encourages Spiritual Growth/Increases faith
- ▶ Promotes a Sense of Purpose and Meaning

1 Thessalonians 5:18: “Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”

▶ Gratitude Helps Us Focus on God’s Blessings

James 1:17: "Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows."

Biblical/Spiritual benefits of Gratitude

▶ Gratitude brings Peace

Philippians 4:6-7: "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

▶ Gratitude Honors God

Psalm 118:1: "Give thanks to the Lord, for he is good; his love endures forever."

Biblical/Spiritual benefits of Gratitude

▶ Gratitude leads to Joy

Psalm 100:4: "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."

▶ Gratitude Leads to Abundance

Psalm 107:8-9: "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."

Biblical/Spiritual benefits of Gratitude

▶ Gratitude Strengthens Relationships

Colossians 3:15: "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful."

Ephesians 5:20: "Always give thanks to God the Father for everything, in the name of our Lord Jesus Christ."

Gratitude Changes our Perspective!!

How to express Gratitude - Secular

- ▶ **Give out compliments**
- ▶ **Make a list of things you're grateful for – gratitude journal**
- ▶ **Volunteer in your community**
- ▶ **Do small acts of random kindness**
- ▶ **SMILE 😊**

▶ Acknowledging the Gift of Salvation

Romans 5:8 – “But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.”

How to show Gratitude as a Christian

- ▶ Acknowledging the Gift of Salvation
- ▶ Obedience

John 14:15 – “If you love me, keep my commands.”

How to show Gratitude as a Christian

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- ▶ Acknowledging the Gift of Salvation
- ▶ Obedience
- ▶ **Worship and Praise**

Hebrews 13:15 – “Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that openly profess his name.”

How to show Gratitude as a Christian

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- ▶ Acknowledging the Gift of Salvation
- ▶ Obedience
- ▶ Worship and Praise
- ▶ Serving Others

Matthew 25:40 – “The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’”

How to show Gratitude as a Christian

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- ▶ Acknowledging the Gift of Salvation
- ▶ Obedience
- ▶ Worship and Praise
- ▶ Serving Others
- ▶ **Joyful Generosity**

2 Corinthians 9:7 – “Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.”

How to show Gratitude as a Christian

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- ▶ Acknowledging the Gift of Salvation
- ▶ Obedience
- ▶ Worship and Praise
- ▶ Serving Others
- ▶ Joyful Generosity
- ▶ **Share the Gospel**

Matthew 28:19 – “Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.”

How will you live a life that Honors Christ?

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- ▶ **What will you do in the next day, week, month?**

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Questions?

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