

**YOU BETTER RECOGNIZE
THE IMPORTANCE OF GRATITUDE
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Introduction

What is Gratitude?

Gratitude: the quality of being thankful; readiness to show appreciation for and to return kindness:

Gratitude is a Command

1 Thessalonians 5:16-18 NLT [16] Always be joyful. [17] Never stop praying. [18] Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

The Dangers of Ingratitude:

Ingratitude is a symptom of a deeper problem in our relationship with God

Matthew 6:22-23 NLT [22] "Your eye is like a lamp that provides light for your body. When your eye is healthy, your whole body is filled with light. [23] But when your eye is unhealthy, your whole body is filled with darkness. And if the light you think you have is actually darkness, how deep that darkness is!

The Children of Israel Were Ungrateful Because They Lost Perspective

Exodus 14:11 NLT[11] and they said to Moses, "Why did you bring us out here to die in the wilderness? Weren't there enough graves for us in Egypt? What have you done to us? Why did you make us leave Egypt?"

Ingratitude Positions Us to Be Handled by the Enemy

1 Corinthians 10:9-12 NKJV [9] nor let us tempt Christ, as some of them also tempted, and were destroyed by serpents; [10] nor complain, as some of them also complained, and were destroyed by the destroyer. [11] Now all these things happened to them as examples, and they were written for our admonition, upon

whom the ends of the ages have come. [12] Therefore let him who thinks he stands take heed lest he fall.

Lack of Appreciation Can Cause You to Miss Out on What God Prepared For You

Deuteronomy 28:47-48 NKJV[47] "Because you did not serve the LORD your God with joy and gladness of heart, for the abundance of everything, [48] therefore you shall serve your enemies, whom the LORD will send against you, in hunger, in thirst, in nakedness, and in need of everything; and He will put a yoke of iron on your neck until He has destroyed you.

You Might be Ungrateful If:

- (1) If you regularly complain about what you don't have
- (2) If you are quick to talk about what isn't good in others, in your surroundings, and even in yourself
- (3) If you have a long list things you wanted so much, but now that you have them, you don't even use or enjoy
- (4) If you are always asking God for what you don't have, but never thank Him and others for what you do have
- (5) If you are easily and regularly irritated by things that don't go your way.
- (6) You can't enjoy where you are right now...because you're not where you think you should be now
- (7) You can't enjoy what you don't possess right now, because you don't have what you think you should have now

The Power (Virtues) of Gratitude:

Gratitude Keeps You Under An Open Heaven

Matthew 15:36 NKJV [36] And He took the seven loaves and the fish and gave thanks, broke them and gave them to His disciples; and the disciples gave to the multitude.

Gratitude Positions You to Receive From God

Proverbs 15:15 AMPC [15] All the days of the desponding and afflicted are made evil [by anxious thoughts and forebodings], but he who has a glad heart has a continual feast [regardless of circumstances].

Proverbs 17:22 AMPC [22] A happy heart is good medicine and a cheerful mind works healing, but a broken spirit dries up the bones.

Gratitude Maintains Your Joy

Nehemiah 8:10 NLT[10] And Nehemiah continued, "Go and celebrate with a feast of rich foods and sweet drinks, and share gifts of food with people who have nothing prepared. This is a sacred day before our Lord. Don't be dejected and sad, for the joy of the LORD is your strength!"

Whatever increases your strength increases your ability to receiving the fullness of your inheritance and your destiny.

Joshua 14:10-13 NLT [10] "Now, as you can see, the LORD has kept me alive and well as he promised for all these forty-five years since Moses made this promise—even while Israel wandered in the wilderness. Today I am eighty-five years old. [11] I am as strong now as I was when Moses sent me on that journey, and I can still travel and fight as well as I could then. [12] So give me the hill country that the LORD promised me. You will remember that as scouts we found the descendants of Anak living there in great, walled towns. But if the LORD is with me, I will drive them out of the land, just as the LORD said." [13] So Joshua blessed Caleb son of Jephunneh and gave Hebron to him as his portion of land.

Paul and Silas Remained Grateful

Acts 16:25 AMPC [25] But about midnight, as Paul and Silas were praying and singing hymns of praise to God, and the [other] prisoners were listening to them,

The Practice of Gratitude:

(1) Get Acquainted With God

Job 22:21-30 NKJV[21] "Now acquaint yourself with Him, and be at peace; Thereby good will come to you. [22] Receive, please, instruction from His mouth, And lay up His words in your heart. [23] If you return to the Almighty, you will be built up; You will remove iniquity far from your tents. [24] Then you will lay your gold in the dust, And the gold of Ophir among the stones of the brooks. [25] Yes, the Almighty will be your gold And your precious silver; [26] For then you will have your delight in the Almighty, And lift up your face to God. [27] You will

make your prayer to Him, He will hear you, And you will pay your vows. [28] You will also declare a thing, And it will be established for you; So light will shine on your ways. [29] When they cast you down, and you say, 'Exaltation will come!' Then He will save the humble person. [30] He will even deliver one who is not innocent; Yes, he will be delivered by the purity of your hands.”

(2) Practice Praise As a Lifestyle

Psalm 34:1 NLT[1] I will praise the LORD at all times. I will constantly speak his praises.

(3) Count Your Blessing: take time to regularly reflect on what the Lord has done and what is good in your life.

Psalm 116:12-14 NLT [12] What can I offer the LORD for all he has done for me? [13] I will lift up the cup of salvation and praise the LORD's name for saving me. [14] I will keep my promises to the LORD in the presence of all his people.