

With Grateful Hearts Part 1
Wednesday Bible Study - November 11, 2020
“Made for Gratitude”

Focus Series Scripture:

Psalm 136:1 New International Version

¹ **Give thanks to the LORD, for he is good. His love endures forever.**

1. God Knows Gratitude Is Good For You

1 Thessalonians 5:16-18 New International Version

¹⁶ **Rejoice always,**

¹⁷ **pray continually,**

¹⁸ **Give Thanks In All Circumstances; for this is God’s will for you in Christ Jesus.**

Gratitude is a sentiment we'd all do well to cultivate, if we want to create more joy in life. Feeling thankful and expressing that thanks makes you happier and heartier. The God who created us, according to Paul's writing, commands us to express gratitude in every circumstance of our lives – that is His will for our lives! In some languages it is strange to direct anyone to be joyful, since joy is regarded as being dependent upon outside circumstances over which one has no control. The implication of Paul's words is that real joy depends on one's relation to God, which is permanent and unchanging. You can be grateful for God's love and God's promises even in life's toughest moments.

2. God Appreciates Gratitude

Luke 17:11-19 New International Version

¹¹ **Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee.**

¹² **As he was going into a village, ten men who had leprosy met him. They stood at a distance and called out in a loud voice, “Jesus, Master, have pity on us!”**

¹⁴ **When he saw them, he said, “Go, show yourselves to the priests.” And as they went, they were cleansed.**

¹⁵ **One of them, when he saw he was healed, came back, praising God in a loud voice.**

¹⁶ **He threw himself at Jesus’ feet and thanked him—and he was a Samaritan.**

¹⁷ **Jesus asked, “Were not all ten cleansed? Where are the other nine?”**

¹⁸ **Has no one returned to give praise to God except this foreigner?”**

¹⁹ **Then he said to him, “Rise and go; your faith has made you well.”**

In Jesus' day a leper was a person with one of a variety of visible skin diseases. People thought all lepers were highly contagious, so they feared and shunned them. Jesus healed this group of men, but of the ten, only one Samaritan came back to say, “thank you.” All ten were “cleansed.” When one healed man returned to give thanks, Jesus asked, “Where are the other nine?”

3. Jesus Was Our Example Of Expressing Gratitude

○ **Jesus Feeding the Four Thousand - Mark 8:1-8**

- ⁶ **He told the crowd to sit down on the ground. When he had taken the seven loaves and given thanks, he broke them and gave them to his disciples to distribute to the people, and they did so.**

○ **Passover Meal - Luke 22:14-19**

- ¹⁷ **After taking the cup, he gave thanks and said, “Take this and divide it among you.**

○ **Raising Lazarus From The Dead - John 11:35-42**

- ⁴¹ **So they took away the stone. Then Jesus looked up and said, “Father, I thank you that you have heard me.**

The creator of the world, the ruler of the universe, the One who became flesh and lived on earth as a human being gave us a model of what it means to be thankful in many different settings. Jesus gave thanks for His meals, His relationship with His Father, and for countless other reasons. We are encouraged throughout scripture to model the actions of Christ and one of His constant expressions was to give thanks.

4. Gratitude Keeps Our Spiritual Life Maturing

○ Parable of the Sower - **Luke 8:4-15**

The image of growing seeds Jesus used to illustrate spiritual growth made sense, not only to people in the farming area around the Sea of Galilee where he told this story, but to any of us who've ever tried to garden or grow a lawn. Even good seed, Jesus said, can't grow strong in poor or untended soil. Living according to God's will means cultivating a grateful heart – good soil.

5. Gratitude For “Food And Clothing” Fosters Contentment

1 Timothy 6:6-10 New International Version

6 But godliness with contentment is great gain.

7 For we brought nothing into the world, and we can take nothing out of it.

8 But if we have food and clothing, we will be content with that.

9 Those who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge people into ruin and destruction.

10 For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs.

Too often, the news (particularly financial news) is full of words like “worry,” “uncertainty,” and “fear.” Yet this young, traveling preacher, Timothy had little money and no retirement plan (in a human sense, at least). His instruction was to be happy or content [grateful] with what you already have. Gratitude turns your attention to what you do have instead of what you don't. You may want to try utilizing a gratitude journal to document the blessing you currently have.

6. Gratitude Is Always In Order

Psalm 92:1-5 New Living Translation

1 It is good to give thanks to the LORD, to sing praises to the Most High.

2 It is good to proclaim your unfailing love in the morning, your faithfulness in the evening, accompanied by a ten-stringed instrument, a harp, and the melody of a lyre.

4 You thrill me, LORD, with all you have done for me! I sing for joy because of what you have done.

5 O LORD, what great works you do! And how deep are your thoughts.

We have looked at some of the benefits of **Psalm 136:1 Give thanks to the LORD, for he is good. His love endures forever.** We would like to encourage you to take a few minutes each day to jot down things that make you thankful, from the generosity of friends to the food on your table or whatever comes to mind. I have seen so many posts on social media of individuals expressing their gratitude this month, but we should not relegate our gratitude to one month or one day of the year. The ultimate source of joy in **Psalm 92** was God's loyal love and faithfulness, realities that are always with us if we just recognize them. In verse 2, the psalmist spoke of expressing gratitude to God in the morning and at nighttime.