

Overflowing Gratitude PART 1

Colossians 2:6-7

MAIN TAKEAWAY

Psychologists tell us that gratitude is the healthiest emotion of them all, that it conquers all the other toxic emotions we experience. However, we're not born thankful; it's a skill we all have to learn. Thankfulness is connected to resilience, a longer life, health, and it releases joy in our lives.

Definition of Gratefulness: A recognition and appreciation of something received. Prompting a desire to give back. It reshapes your perspective and enriches every area of your life.

KEY SCRIPTURE

1. **Colossians 2:6-7 NASB** Therefore, as you have received Christ Jesus the Lord, so walk in Him,⁷ having been firmly rooted and *now* being built up in Him and established in your faith, just as you were instructed, *and* overflowing with gratitude.
 - a. Overflowing gratitude will establish you, you will be rooted and persevere in the dream God placed in your heart.
 - b. "The degree in which you are thankful is a sure indicator of your spiritual strength." – John Mason

5 BENEFITS OF THANKFULNESS:

- It is the **healthiest** emotion; ungratefulness opens the door to toxic emotions. (**Deuteronomy 28:47**) (**Romans 1:21**)
- It brings us into God's Presence. (**Psalms 100:4-5**)
- Thankfulness releases **supernatural joy**. (**Psalms 16:11**)
- It helps you **find, follow** and **fulfill** God's will and purpose for your life. (**1 Thessalonians 5:18**)
- It attracts increase into your life. (**Deuteronomy 28:47-48**)

REFLECT & REVISIT

Go back and read **Colossians 2:6-7**, reflect on how overflowing gratitude stabilizes and roots us in faith, drawing us closer to God's presence and purpose. A thankful heart attracts blessings, abundance, and revelation while keeping us steadfast against negativity. This week commit to recognizing and expressing gratitude every day to God and to people. Change what you're seeing, thinking and doing: start a gratitude journal, do acts of gratitude for someone else.