

Overflowing Gratitude PART 2

Psalms 54:6

MAIN TAKEAWAY

Gratitude is the healthiest emotion of all, it affects our immune system, rewires our brains and our thought life. It can repel toxic emotions of fear, anger, depression. We see the world as we see ourselves: if we see ourselves as a victim, then we see the world as against us. If we see ourselves as victors, and God's children, then we see the world as working for us. If we *complain*, we won't *obtain*.

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. Gratitude gives us a steadfast spirit.
 - b. Resilience is connected to our gratefulness.
 - c. Gratefulness is something that we need to be taught, it does not come naturally.
2. **Colossians 2:6-7 TLB** And now just as you trusted Christ to save you, trust him, too, for each day's problems; live in vital union with him. ⁷Let your roots grow down into him and draw up nourishment from him. See that you go on growing in the Lord, and become strong and vigorous in the truth you were taught. Let your lives overflow with joy and thanksgiving for all he has done.
 - a. We are to trust God **every day**.
 - b. With gratitude, we are **rooted, established**, no matter the circumstances.
 - c. Ungratefulness is connected to a lack of breakthrough.
 - d. A grateful spirit brings strength to our lives.
3. **Psalms 54:6 NCV** I will offer a sacrifice as a special gift to you. I will thank you, Lord, because you are good. ⁷You have saved me from all my troubles, and I have seen my enemies defeated.
 - a. When we don't feel like praising or thanking Him, but still do it, it our sacrifice. Our praise and thanksgiving is a gift to God.
 - b. Our sacrifice of thanksgiving has a greater reward on us than when we feel like doing it.

- c. Grateful people focus on the **goodness of God**.
 - d. When we thank God and praise Him for His goodness, we win battles.
- 4. Psalm 27:6 AMP** And now my head will be lifted up above my enemies around me, In His tent I will offer sacrifices with shouts of joy; I will sing, yes, I will sing praises to the Lord.
- a. With gratitude, my thought life changes, it rises above what I'm going through. They rise above the enemies of regret, my past.
 - b. Thanksgiving rewires our brain, we rise above.

REFLECT & REVISIT

Go back and read **Psalms 54:6**, reflect on how overflowing gratitude lifts us above problems, renews our minds, and positions us for joy and God's best. This week, focus on God's goodness. Give Him your best gift of praise, and watch how gratitude rewires your outlook, strengthens your faith, and lifts you above fear, regret, negativity, and every enemy of the mind.