

Overflowing Gratitude PART 3

1 Thessalonians 5:18

MAIN TAKEAWAY

Gratitude and a thankful heart is the healthiest emotion we can have. Having an attitude of gratitude affects our sleep, our immune system, our resilience. It is a sustaining power that carries us from this season to the next season. The depth of our thankfulness determines the depth of our maturity.

Big idea: What do you do when you're going through the darkest day or season of your life?

KEY SCRIPTURES & TAKEAWAYS

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 keeps us **rooted, built up, and established**.
 - b. My level of gratitude determines how deep my roots are.
 - c. We have to be taught to be grateful.
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. God has a promise for every problem.
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. Gratitude is a gift we give to Jesus.
 - b. Your reward is greater when your gift is a sacrifice, not in your comfort zone.
4. **Psalms 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. The battleground is our thought life, and we can have an anointed thought life.
 - b. For me to go to a new level, I need a new perspective.

5. 1 Thessalonians 5:18 KJV In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

- a. When in the natural, we can't find anything to give God thanks **for**, we still give thanks **in** every season.
- b. God's will is to begin to offer a sacrifice of thanksgiving.
- c. Gratefulness positions me to be in the will of God; it positions me to receive revelation, it opens doors in my life.
- d. Gratitude is **not** based on my circumstances, but on God's promises and His principles.

In my darkest season or day, what can I thank God for?

- 1. His abundant grace (Romans 5:17, 2 Timothy 1:9, 2 Corinthians 12:9).
- 2. His plan for my life (Jeremiah 29:11, Romans 8:28).
- 3. His Presence (Hebrews 13:5, Isaiah 43:2).
- 4. His promises (2 Peter 1:4, 2 Corinthians 1:20).
- 5. My place in Heaven (John 14:2-3, 1 Peter 1:3-4).
 - a. We will be **re-united** with our loved ones.
 - b. We will be **re-leased**, there will be no more pain, sickness, disease.
 - c. We will be **re-warded** by our works on earth.
 - d. We will be **re-assigned** with an assignment in Heaven.

REFLECT & REVISIT

Go back and read **1 Thessalonians 5:18**, reflect on how you can give thanks to God **in every season** not *for* what is happening. In your darkest day or season, have an attitude of gratitude. Thank God for **His grace, His plan for your life, His Presence, His promises** and **your place in Heaven** that Jesus is preparing for you. **Speak it out loud** and **watch** how gratitude lifts you above the heaviness, how it opens your spirit, how it renews your mindset and gives you sustaining strength.