

# Gratitude

What is Gratitude?

Why is it so Valuable to God & Us?

Training Gratitude to defeat  
Ingratitude & Entitlement

Don't worry over anything whatever;  
tell God every detail of your needs  
**in earnest and thankful prayer,**  
and the peace of God which transcends  
human understanding, will keep constant  
guard over your hearts and minds  
as they rest in Christ Jesus. Phil.4:6

## **Scriptural Theme**

### **Doing Gratitude**

is the necessary ingredient  
for meaningful  
prayer & relationships.

# What is Gratitude?

- **Gratitude** is the **inward thought & feeling** of sincere appreciation for something done or received
- **Thankfulness** is the **outward expression** of that appreciation in word and/or deed.

# Gratitude Value: Going Deeper

- Sin is that urge that **seeks its own way**, to **feel entitled**, to blame and be angry, to want to be in control like a god.
- **Gratitude heads off the sin** of self-centeredness by nurturing a humble, generous and giving spirit within.

## Why is the Opposite of Gratitude so Dangerous?

- Belief that we deserve or are entitled to certain privileges when no such promise has been made (e.g., eternal life without faith)
- Why do we believe entitlement? We want to be the captain of our own life. We want to rule our own domain. We want to be the center and be constantly blessed.

## **Going Deeper: Entitlement danger**

- A “You owe me!” attitude, a sense of deservingness or being owed a favor when little or nothing has been done to deserve special treatment.
- Entitlement is a narcissistic personality trait.

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**Quick Start Guide:**  
**Achieving Gratitude's Victory**  
**Over Ingratitude & Entitlement**

# How & Where to Develop Gratitude

- **Level 1: The Family**
- **Level 2: Friends, Colleagues, Neighbors**
- **Level 3: Authorities**
- **Level 4: The God Who is There**

# Level 1: The Family

- Notice FAMILY blessings, accomplishments, character qualities, talents and skills
- Expressing meaningful, sincere thanks for all things large or small
- Find value in parents  
(10 Commandments, #5)

# Level 1: Gratitude Corruption

- Taking family love, cooperation, efforts for granted.
- Centering home life around the self.
- Ignoring deeper needs and failing to help
- Getting angry, blowing up because you must explain stuff for the 30<sup>th</sup> time.

## Level 2: Friends, Colleagues, Neighbors

- Notice others, good things they do and their virtues.
- Say something so the gratitude migrates from your heart to their heart through their ears.
- Do not let any unwholesome (stinky, rotten) talk come out of your mouths, but only what is **helpful for building others up according to their needs**, that it may benefit those who listen. Eph. 4:29

## **Level 3: Authorities** 1Pet. 2:16,17

- Live as free men, but do not use your freedom as a cover-up for evil.
- Live as servants of God.
- Show proper respect to everyone: Love the brotherhood of believers, fear God, honor the king.

# Level 4: The God Who is There

- Jehoshaphat appointed men to sing to the LORD... saying: “**Give thanks** to the LORD, for his love endures forever.” 2Chr. 20:21
- I will **give thanks** to the LORD **because** of his righteousness, and I will sing praise to the name of the LORD Most High. Psa. 7:17

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# Practice! Practice! Practice!

- Let the Word of Christ
- dwell in you richly as you teach & admonish one another with all wisdom,
- and as you sing psalms, hymns & spiritual songs with **gratitude** in your hearts to God.  
Col. 3:16

