



GETTING READY FOR THANKSGIVING  
1 Thessalonians 5:18

Pastor Mark Hartman  
November 22, 2015

INTRODUCTION

*1 Thessalonians 5:18 "Give thanks in all circumstances, for this is God's will for you in Christ Jesus."*

- I. DEVELOPING AN **ATTITUDE** OF GRATITUDE WILL ENHANCE OUR LIFE.
  - A. Gratitude is actually critical for **physical health**.
    1. "Every study has shown that people who attend church more frequently and who operate their lives with a devotion to their faith live longer and healthier lives than those who don't." (Robert Sapolsky, Professor Stanford University)
    2. *Proverbs 17:22 "A merry heart does a person good like a **medicine**: but a broken spirit withers and decays the bones."*
  - B. Gratitude will change our **perspective** on life.
    1. *1 Corinthians 15:57 "But thanks be to God, who gives us the victory through our Lord Jesus Christ."*
    2. *2 Corinthians 2:14 "Now thanks be to God, who always causes us to triumph in Christ."*
    3. *1 Thessalonians 5:18 "In everything give thanks: for this is the will of God in Christ Jesus concerning you."*
  - C. Gratitude is crucial for our **relationship with God**.

1. In Luke 17:11-18 there were 10 lepers whom Jesus healed of leprosy. Out of the 10, guess how many bothered to say “Thank you”? And, how did Jesus respond?”

*Luke 17:17-18 “And Jesus answering said, Were there not ten cleansed? But where are the nine? Do you mean that none returned to give glory to God except this one?”*

2. *Psalm 103:2 “Bless the Lord, O my soul, and forget **not** all His benefits.”*

## II. HOW DO WE DEVELOP AN ATTITUDE OF GRATITUDE?

- A. To develop an attitude that produces a grateful heart, I need to learn to be content with the **things** God has given me.

1. *1 Timothy 6:6 “But Godliness with contentment is great gain.”*

2. *Philippians 4:11-12 “I am not saying this because I am in need, for I have learned to be content whatever the circumstances. <sup>12</sup> I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.”*

- B. To develop an attitude that produces a grateful heart I need to learn how to stop grumbling and complaining and choose to focus in on the positive side of things.

*Philippians 2:14-15 “In everything you do, stay away from complaining and arguing, <sup>15</sup> so that no one can speak a word of blame against you. You are to live clean, innocent lives as children of God in a dark world full of crooked and perverse people. Let your lives shine brightly before them.”*

- C. To develop an attitude that produces thanksgiving I need to choose to obey God’s command.

*1 Thessalonians 5:18: “In **everything** give thanks: for this is the will of God in Christ Jesus concerning you.”*

*CDs and DVDs of today’s sermon or previous sermons are available for purchase after the service at our Water’s Edge Resource Center.*

### Notes:

---

---

---

---



