

Damsel in Distress

#10 Cultivate a Grateful Heart

I. Introduction

A. Consider Luke 17:11-19

1. The one leper returns and with a loud voice, worships and gives thanks. He is a Samaritan (see II Kings 17:24 and John 4).
2. Vs. 17 literally means, "But the nine, where are they?"

B. Consider the Biblical terms for GRATITUDE or THANKSGIVING

1. Old Testament Terms: "yada" or "toda" See Neh. 12:27, Ps. 26:7 or Ps. 42:4
 - a. Notice that the Old Testament has no concept of thanks as distinguished from praise.
 - b. A "vow of thanksgiving" was often fulfilled in the context of worshiping at the temple. See Ps. 35:18. A "sacrifice of thanksgiving" was outlined in Lev. 7:11-13. See also Ps. 107:22.
 - c. A word of thanksgiving was often at the end or beginning of hymns of praise. See I Chronicles 16:8 and Ps. 105:1, 106:1, 107:1, 118:1.

2. New Testament Terms:

There are 4 nouns for "thanksgiving" in the NT:

"Charis"-often translated "grace"

"eucharistia"- means to be well favored

"exomologeio"- often translated "to agree", to make an acknowledgement, to confess

"anthonologeomai"- also means to confess in turn, to respond in praise

II. Our motivation for giving thanks

A. WE MUST:

1. See that gratitude is God's will for our lives

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

2. Note that gratitude is God's command for our lives See Eph. 5:3-4 and Psalm 106:1 ("halle": praise "lu" : you [second person plural], "Yah" :God)

B. WE SHOULD:

1. Consider the greatness of our sin

We will never revel in the grace of God until we recognize the filth of our sin.

See Isaiah 64:6 *"All of us have become like one who is unclean, and all our righteous acts are like filthy rags; we all shrivel up like a leaf, and like the wind our sins sweep us away."*

2. Consider what God's unconditional love has done for us. See Romans 5:8

a. He has chosen us (Eph. 1:4), adopted us (Eph. 1:5), sealed us (Eph. 1:13), redeemed and forgiven us (Eph. 1:7), prepared us (II Tim. 2:21) and prepared a place for us (John 14:2-3).

b. He has given us the indwelling Holy Spirit as a down payment on our inheritance (Eph. 1:14). And He lives within us.

Ephesians 1:3 *"Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ."*

3. Consider the debt that has been paid See Col. 1:13

4. Consider the blessings we have received:

- a. Physical blessings

Life, health, a place to live, meaningful work, money, eyesight, a mind that works, a church, hearing, opportunities and on and on and on....

- b. Immaterial blessings

Deliverance, protection, peace, contentment, direction, laughter, joy, the privilege of prayer, and so on and so on....

III. How should we give thanks?

- A. Outloud

1. With my mouth/ with my tongue/with my lips:

Psalm 34:1 *"I will extol the LORD at all times; his praise will always be on my lips."*

Psalm 35:28 *"My tongue will speak of your righteousness and of your praises all day long."*

Hebrews 13:15 *"Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that confess his name."*

2. Powerful verbal testimonies: I Chron. 16:8, Ps. 105:1, Ps. 107:22

B. In music

1. Singing:

II Samuel 22:50 *"Therefore I will praise you, O LORD, among the nations; I will sing praises to your name."*

Ps. 95:2 *"Let us come before him with thanksgiving and extol him with music and song."*

2. With Instruments:

Nehemiah 12:27 *"At the dedication of the wall of Jerusalem, the Levites were sought out from where they lived and were brought to Jerusalem to celebrate joyfully the dedication with songs of thanksgiving and with the music of cymbals, harps and lyres."*

Ps. 147:7 *"Sing to the LORD with thanksgiving; make music to our God on the harp."*

C. In Prayer

Phil. 4:6 *"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God!"*

D. With Joy

Ps. 100:1 *"Shout for joy to the LORD, all the earth."*

E. Publically

1. Among the unsaved

Ps. 57:9 *"I will praise you, O Lord, among the nations; I will sing of you among the peoples."*

2. Among God's people

Ps. 52:9 *"I will praise you forever for what you have done; in your name I will hope, for your name is good. I will praise you in the presence of your saints."*

Ps. 111:1 *"Praise the LORD. I will extol the LORD with all my heart in the council of the upright and in the assembly."*

F. Privately:

Daniel 2:23 *"I thank and praise you, O God of my fathers: You have given me wisdom and power, you have made known to me what we asked of you, you have made known to us the dream of the king."*

IV. So what? Enjoy the benefits of a life filled with gratitude

There are so many benefits to having an attitude of gratitude. When we encounter life with a thankful heart there are so many blessings.

A. Contentment

A contented heart rests. It produces peace and joy regardless of the circumstances

Phil 4:6-7 *"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

I Tim. 6:6-8 *"But godliness with contentment is great gain. ⁷For we brought nothing into the world, and we can take nothing out of it. ⁸But if we have food and clothing, we will be content with that."*

B. Joy in the presence of God

Ps. 95:2 *"Let us come before him with thanksgiving and extol him with music and song."*

C. Growing and maturing in our Faith

Col. 2:6-7 *"So then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness."*

Remember, this what we are going to be doing forever!

See Rev. 4:9, 7:11, 11:16-17