

GRATITUDE THE KEY TO FULFILLMENT

Pastor J.R. Polhemus

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I. Gratitude is defined as: An attitude of thankfulness to God and others.

Matthew 12:34 NKJ For out of the abundance of the heart the mouth speaks.

II. An ungrateful attitude of entitlement robs our peace, joy and the quality of our lives.

Numbers 14:20-22 The Msg ²⁰⁻²² GOD said, "I forgive them, honoring your words. But as I live and as the Glory of GOD fills the whole Earth—not a single person of those who saw my Glory, saw the miracle signs I did in Egypt and the wilderness, and who have tested me over and over and over again, turning a deaf ear to me—not one of them will set eyes on the land I so solemnly promised to their ancestors.

III. What can we do to cultivate gratitude?

- 1.) Identify and express what God has done in your life.

Psalms 100 NIV ¹ Shout for joy to the LORD, all the earth.
² Worship the LORD with gladness; come before him with joyful songs. ³ Know that the LORD is God. It is he who made us, and we are his; we are his people, the sheep of his pasture.
⁴ Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. ⁵ For the LORD is good and his love endures forever; his faithfulness continues through all generations.

- 2.) In difficult times get focused on God with thanksgiving...

Gratitude cont'd.....

Philippians 4:6-7 CEV ⁶Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God. ⁷Then, because you belong to Christ Jesus, God will bless you with peace that no one can completely understand. And this peace will control the way you think and feel.

Habakkuk 3:17-18 NLT ¹⁷ Even though the fig trees have no blossoms, and there are no grapes on the vines, even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, ¹⁸ yet I will rejoice in the LORD! I will be joyful in the God of my salvation!

- 3.) Keep thinking on good things (the glass is half full).

Philippians 4:8 CEV ⁸Finally, my friends, keep your minds on whatever is true, pure, right, holy, friendly, and proper. Don't ever stop thinking about what is truly worthwhile and worthy of praise.

Challenge: Practice gratitude this week, (especially at Thanksgiving dinner).