

Get Thank-Full

Holidaze – Part 4

“As pressure and stress bear down on me, I find joy in your commands.” Psalm 119:143 (NLT)

How to Choose Gratitude

(Luke 17:11-19)

1) Express it often and openly.

“He threw himself at Jesus’ feet and thanked him...” vs. 16 (NIV)

“I have not stopped giving thanks for you...” Ephesians 1:16 (NIV)

2) Be thankful for imperfect gifts.

“Has no one returned to give glory to God except this foreigner?” vs. 18 (NIV)

3) Change your focus.

“One of them, when he saw that he was healed, came back to Jesus...” vs. 15 (NIV)

“Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.”

1 Thessalonians 5:18 (NLT)

4) Acknowledge God’s gifts in worship.

“...he went back to Jesus, praising God in a loud voice. Then he bowed down at Jesus’ feet and thanked him.”

vs. 15-16 (NCV)

“Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise his name.”

Psalm 100:4 (NIV)

5) Do something concrete.

“Jesus said, ‘Weren’t ten men healed...Is this Samaritan the only one who came back to thank God?’”

vs. 17-18 (NCV)