

## DISCOVERING THE POWER OF GRATITUDE

*Be joyful always, pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus. 1 Thessalonians 5:16-18*

#1. WHAT DOES PAUL MEAN BY "GIVE THANKS IN ALL CIRCUMSTANCES?"

#2. WHY IS IT GOD'S WILL FOR ME TO GIVE THANKS IN ALL CIRCUMSTANCES?

### **REASON #1: THANKFULNESS....DELIGHTS THE HEART OF GOD**

*I will praise God's name in song and glorify him with thanksgiving. This will please the Lord more than an ox, more than a bull with its horns and hoofs. Psalm 69:31*

### **REASON #2: THANKFULNESS....SUSTAINS JOY**

"I thank my God every time I remember you." Philippians 1:3

### **REASON #3: THANKFULNESS....BREAKS THE HOLD OF PESSIMISM**

*"Now I want you to know, brothers, that what has happened to me has really served to advance the gospel. As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ. Because of my chains, most of the brothers in the Lord have been encouraged to speak the word of God more courageously and fearlessly." Philippians 1:12-14*

### **REASON #4: THANKFULNESS....REPLACES WORRY WITH PEACE**

*Philippians 4:6-7 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Philippians 4:6-7*

R.A. Torrey said it, "As one returns thanks for blessings already received...and meditates upon the answers to prayers already granted, faith waxes bolder and bolder, and we come to feel in the very depths of our souls that there is nothing too hard for the Lord."