

Developing a Life of Gratitude

Message 02 in the series, "Gratitude"

"Praise the Lord, my soul, and never forget all the good he has done." Psalm 103:2 (GWT)

1. Intentionally give thanks to God at consistent times throughout the day.

"It is good to give thanks to the Lord, to sing praises to your name, O Most High; to declare your steadfast love in the morning, and your faithfulness by night," Psalm 92:1-2 (ESV)

"Then he took the seven loaves and the fish, gave thanks to God, broke them, and gave them to the disciples; and the disciples gave them to the people." Matthew 15:36 (GNT)

2. Place things in your life that remind you of God's goodness and prompt you to give thanks.

Joshua called the 12 men whom he had selected (one from each tribe). He said to them, "Go to the middle of the Jordan River in front of the ark of the Lord your God. Each man must take a stone on his shoulder, one for each tribe of Israel. This will be a sign for you. In the future your children will ask, 'What do these stones mean to you?' You should answer, 'The water of the Jordan River was cut off in front of the ark of the Lord's promise. When the ark crossed the Jordan, the river stopped flowing. These stones are a permanent reminder for the people of Israel.'" Joshua 4:4-7 (GWT)

"...you must love the LORD your God with all your heart, all your soul, and all your strength. And you must commit yourselves wholeheartedly to these commands that I am giving you today. Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up. Tie them to your hands and wear them on your forehead as reminders. Write them on the doorposts of your house and on your gates."

Deuteronomy 6:5-9 (NLT)

3. Keep a gratitude journal.

"Let this be recorded for a generation to come, so that a people yet to be created may praise the Lord: that he looked down from his holy height; from heaven the Lord looked at the earth, to hear the groans of the prisoners, to set free those who were doomed to die," Psalm 102:18-20 (ESV)

"That night the king had trouble sleeping, so he ordered an attendant to bring the book of the history of his reign so it could be read to him. In those records he discovered an account of how Mordecai had exposed the plot of Bigthana and Teresh, two of the eunuchs who guarded the door to the king's private quarters. They had plotted to assassinate King Xerxes. 'What reward or recognition did we ever give Mordecai for this?' the king asked. His attendants replied, 'Nothing has been done for him.' 'Who is that in the outer court?' the king inquired. As it happened, Haman had just arrived in the outer court of the palace to ask the king to impale Mordecai on the pole he had prepared. So the attendants replied to the king, 'Haman is out in the court.' 'Bring him in,' the king ordered. So Haman came in, and the king said, 'What should I do to honor a man who truly pleases me?'"

Esther 6:1-6 (NLT)

4. Guard yourself against envy, jealousy, and comparing yourself with others.

"We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are not wise."

2 Corinthians 10:12 (NIV)

"You must not covet your neighbor's house. You must not covet your neighbor's wife, male or female servant, ox or donkey, or anything else that belongs to your neighbor." Exodus 20:17 (NLT)

"You want things, but you cannot have them, so you are ready to kill; you strongly desire things, but you cannot get them, so you quarrel and fight. You do not have what you want because you do not ask God for it. And when you ask, you do not receive it, because your motives are bad; you ask for things to use for your own pleasures." James 4:2-3 (GNT)