

Grateful To Know How To Be Grateful

Gratitude is a lifestyle.

"This is the day the Lord has made; we will rejoice and be glad in it." Psalms 118:24 NKJV

"Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you."
1 Thessalonians 5:16-18 NKJV

Being grateful gets me into position for the super-natural.

"Rejoice in the Lord always. Again I will say, rejoice! Let your gentleness be known to all men. The Lord is at hand." Philippians 4:4-5 NKJV

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." Philippians 4:6-7 NKJV

"Then he said to them, 'Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for this day is holy to our Lord. Do not sorrow, for the joy of the Lord is your strength.'"
Nehemiah 8:10 NKJV

How can I learn to be grateful?

1. PRACTICE GRATITUDE DAILY WITH A WEEKLY REMINDER.

"I was glad when they said to me, 'Let us go into the house of the Lord.'" Psalms 122:1 NKJV

2. PRACTICE EXPRESSING MY GRATITUDE.

"I will sing to the Lord all my life; I will sing praise to my God as long as I live. May my meditation be pleasing to him, as I rejoice in the Lord." Psalms 104:33-34 NIV

Hebrew words for expressing praise:

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| ● HALAI | To shine, boast, rave, celebrate. To act clamorously foolish in praise. | Psalms 149:3 |
| ● TEHILLAH | To sing halals. Songs of praise. | Psalms 100:4 |
| ● ZAMAR | To praise joyfully with instrument. | Psalms 21:13 |
| ● Yodah | To worship with extended hands, to surrender. | Psalms 138:2 |
| ● Todah | To raise hands in adoration. Express thanksgiving. | Psalms 69:30 |
| ● TAQA | To clap your hands. | Psalms 47:1 |
| ● SHABACH | To shout, to address in a loud tone. | Psalms 47:1 |
| ● KARAR | To dance. | 2 Samuel 6:14 |
| ● BARAK | To kneel, humble oneself in worship | Psalms 89:52 |

3. PRACTICE GRATITUDE WITH GENEROSITY.

"The people rejoiced at the willing response of their leaders, for they had given freely and wholeheartedly to the Lord. David the king also rejoiced greatly." 1 Chronicles 29:9 NIV

"I have shown you in every way, by laboring like this, that you must support the weak. And remember the words of the Lord Jesus, that He said, 'It is more blessed to give than to receive.'" Acts 20:35 NKJV

4. PRACTICE GRATITUDE WITH **SERVANTHOOD**.

"Serve the Lord with gladness; come before His presence with singing. ... Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name." Psalms 100:2, 4 NKJV

"Let them shout for joy and be glad, who favor my righteous cause; and let them say continually, 'Let the Lord be magnified, who has pleasure in the prosperity of His servant.'" Psalms 35:27 NKJV