

# AN ATTITUDE OF GRATITUDE

*Text:* Luke 17:11-19

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- The hardest people to deal with are those unhappy ones who complain about everything and haven't learned the art of gratitude or thankfulness.
- Gratitude is an emotion we feel in response to receiving something good which is undeserved.
- An attitude of gratitude is the key to a happy and productive life since it impacts us on three different levels.

## 1. **With G** \_\_\_\_\_

- A. God delights in the thankfulness of His people (Ps. 95:1-7; 107:1; 193:2-3).
- B. It validates His sovereignty in my life (1 Thess. 5:17).
  - "What comes to your mind when you think about God is the most important thing about you" (A.W. Tozer).
  - An attitude of gratitude is NOT an issue of circumstances, rather an issue of the will.
  - We will never find satisfaction and contentment in life apart from realizing His Sovereignty in our lives.
  - God is delighted when we praise Him for who He is rather than what He does.

## 2. **With O** \_\_\_\_\_

- A. It encourages others to be more gracious in investing in the lives of many others.

B. It affirms their value.

C. Gratitude opens the door to more relationships.

## 3. **With S** \_\_\_\_\_

- A. It creates an attitude of optimism rather than pessimism in life.
  - Overcome the battle to define "good" and "bad" from an earthly perspective.
  - Get over an attitude of "entitlement."
- B. It helps create an attitude of appreciation for life.
- C. Gratitude improves physical health.
  - Start a "gratitude journal."
  - Express your gratitude to others.
  - Meditate on what you are grateful for.