

The gift of giving- thanks (gratitude) - Pastor Larry

TEXT: 1 Chronicles 16:34 (KJV) Psalms 100

O give thanks unto the LORD; for *he is good*; for his mercy *endureth* for ever.

Introduction: While some people think that having "more" will bring them fulfillment, everyday folks are waking up to a realization that the Scriptures have taught for ages: the quickest path to joy is an attitude of gratitude.

Author M.J. Ryan book Giving Thanks: The gift of gratitude

Biography

M.J. Ryan combines a practical business perspective gained as a CEO of a publishing company with a strength-based approach to help clients reach professional and personal goals. She has coached many high level executives as well as entrepreneurs and individuals around the world who want lives of greater purpose and success. Her clients include Frito Lay, Microsoft, Royal Dutch Shell, the U.S. military, Hewitt Associates, SRAK (a joint venture between Shell and the Saudi Arabian National Oil Company), the Cowell Foundation, the Boys and Girls Club, ... She is the author of many best-selling books.

Quote "One of the most incredible truths about gratitude is that it is impossible to feel both the positive emotion of thankfulness and a negative emotion such as anger or fear at the same time. Gratitude births only positive feelings--love, compassion, joy, and hope. As we focus on what we are thankful for, fear, anger, bitterness simply melts away, seemingly without effort."

Quote "As far as I can tell, gratitude is generated in two ways--one, by a spontaneous upswelling of the heart toward the wonder of life and all its particulars, and two, by a conscious decision to practice looking at what's right in our lives rather than focusing on what's missing."

Quote "Gratitude makes us feel good because it helps us widen our frame of vision. Under depression or stress, we can develop tunnel vision, seeing only this problem, that difficulty. We can get overtaken by a heavy, dark feeling of despair. But when we experience a sense of gratitude, we give ourselves a dose of mental sunshine. Suddenly the world seems brighter, and we have more options."

I. The gift of gratitude

2 Samuel 22:50 (ASV)

⁵⁰ Therefore I will give thanks unto thee, O Jehovah, among the nations, And will sing praises unto thy name.

A. There is a gift of giving in the Bible- Romans 12:6-8 (KJV)

⁶ Having then gifts differing according to the grace that is given to us, whether prophecy, *let us prophesy* according to the proportion of faith;

⁷ Or ministry, *let us wait* on *our* ministering: or he that teacheth, on teaching;

⁸ Or he that exhorteth, on exhortation: he that giveth, *let him do it* with simplicity; he that ruleth, with diligence; he that sheweth mercy, with cheerfulness.

B. David declared every day is thanksgiving day- 1 Chronicles 16:7-8 (ASV)

⁷ Then on that day did David first ordain to give thanks unto Jehovah, by the hand of Asaph and his brethren.

⁸ O give thanks unto Jehovah, call upon his name; Make known his doings among the peoples.

C. It is important to say it out loud- Vs 8

Psalm 9:1 (ASV)

I will give thanks unto Jehovah with my whole heart; I will show forth all thy marvellous works.

D. We should SING our thanks also Psalm 30:4 (ASV)

⁴ Sing praise unto Jehovah, O ye saints of his, And give thanks to his holy memorial *name*.

II. The grace of gratitude

A. Man's failure to give thanks- Romans 1:20-25 (KJV)

²⁰ For the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made, *even* his eternal power and Godhead; so that they are without excuse:

²¹ Because that, when they knew God, they glorified him not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened.

²² Professing themselves to be wise, they became fools,

²³ And changed the glory of the uncorruptible God into an image made like to corruptible man, and to birds, and fourfooted beasts, and creeping things.

²⁴ Wherefore God also gave them up to uncleanness through the lusts of their own hearts, to dishonour their own bodies between themselves:

²⁵ Who changed the truth of God into a lie, and worshipped and served the creature more than the Creator, who is blessed for ever. Amen.

B. Partake with Grace by thanksgiving- 1 Corinthians 10:30-31 (KJV)

³⁰ For if I by grace be a partaker, why am I evil spoken of for that for which I give thanks?

³¹ Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

C. Praising God in difficult times- 1 Peter 4:12-17 (MaceNT)

¹² My dear brethren, don't be surpriz'd at your being brought as it were to the test of fire; as if some strange thing had happen'd to you.

¹³ on the contrary, rejoice at the share you have of sufferings, as well as Christ: that you may likewise triumph, when he shall appear in his glory.

¹⁴ if you suffer indignities in the cause of Christ, you are happy: for the glorious spirit of God rests upon you.

¹⁵ take care therefore not to suffer upon the account of homicide, or thievery, or for any criminal, or pragmatistical practices.

¹⁶ but whoever suffers as a Christian, let him not be ashamed, but rather give thanks to God upon that account.

¹⁷ for now is the time when God will begin his judgments with his own church. now if he begins with us, what will the conclusion be to those who do not obey the divine gospel?

James 1:2-6 (WEY)

² Reckon it nothing but joy, my brethren, whenever you find yourselves hedged in by various trials.

³ Be assured that the testing of your faith leads to power of endurance.

⁴ Only let endurance have perfect results so that you may become perfect and complete, deficient in nothing.

⁵ And if any one of you is deficient in wisdom, let him ask God for it, who gives with open hand to all men, and without upbraiding; and it will be given him.

⁶ But let him ask in faith and have no doubts; for he who has doubts is like the surge of the sea, driven by the wind and tossed into spray.

Hebrews 10:35-36 (KJV)

³⁵ Cast not away therefore your confidence, which hath great recompence of reward.

³⁶ For ye have need of patience, that, after ye have done the will of God, ye might receive the promise.

Hebrews 11:1-6 (KJV)

¹ Now faith is the substance of things hoped for, the evidence of things not seen.

² For by it the elders obtained a good report.

³ Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear.

⁴ By faith Abel offered unto God a more excellent sacrifice than Cain, by which he obtained witness that he was righteous, God testifying of his gifts: and by it he being dead yet speaketh.

⁵ By faith Enoch was translated that he should not see death; and was not found, because God had translated him: for before his translation he had this testimony, that he pleased God.

⁶ But without faith it is impossible to please him: for he that cometh to God must believe that he is, and *that* he is a rewarder of them that diligently seek him.

D. Paul's "thorn in the flesh" 2 Corinthians 12:7-11 (KJV) an angel of Satan

⁷ And lest I should be exalted above measure through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure.

⁸ For this thing I besought the Lord thrice, that it might depart from me.

⁹ And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.

¹⁰ Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.

¹¹ I am become a fool in glorying; ye have compelled me: for I ought to have been commended of you: for in nothing am I behind the very chiefest apostles, though I be nothing.

E. Paul never mentioned sickness as one of his infirmities- 2 Cor. 11:23-33

Dake's Annotated Reference Bible: - The fact that Paul's thorn in the flesh consisted of reproaches, necessities, persecutions, distresses, and infirmities proves that the infirmities had to do with his trials, troubles, and sufferings of body and soul which he lists in [2Cor. 11:23-33](#), and not physical disease. The fact that he still had power to do apostolic signs, wonders, and mighty deeds while he had this thorn in the flesh ([2Cor. 12:12](#)), proves that it was not a bodily disease

F. Whatever it was, God said his GRACE (unmerited unearned favor) was all he needed

III. The acts of gratitude

A. A lifestyle change- [Ephesians 5:4](#) (GW)

⁴ It's not right that dirty stories, foolish talk, or obscene jokes should be mentioned among you either. Instead, giving thanks {to God}.

B. Thanksgiving is a choice not always a feeling- [Psalm 100:1-4](#) (KJV)

¹ Make a joyful noise unto the LORD, all ye lands.

² Serve the LORD with gladness: come before his presence with singing.

³ Know ye that the LORD he *is* God: *it is* he *that* hath made us, and not we ourselves; *we are* his people, and the sheep of his pasture.

⁴ Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.

C. IN everything not FOR everything- [1 Thessalonians 5:18](#) (KJV)

¹⁸ In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

D. Doing God's will- [1 John 2:15-17](#) (KJV)

¹⁵ Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him.

¹⁶ For all that *is* in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

¹⁷ And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever.

Three Classes of Things in the World System

1. The lust of the flesh (physical- what the carnal nature craves without Christ)

a. Seventeen Works of the Flesh- [Galatians 5:19-21](#)

- 1). Adultery. Greek: *moicheia* (GSN-[<G3430>](#)), unlawful sexual relations between men and women, single or married ([Mt. 15:19](#); [Mk. 7:21](#); [Jn. 8:3](#); [Gal. 5:19](#)).
- 2). Fornication. Greek: *porneia* (GSN-[<G4202>](#)), same as adultery above besides all manner of other unlawful relations (notes, [Mt. 5:32](#)).
- 3). Uncleaness. Greek: *akatharsia* (GSN-[<G167>](#)), whatever is opposite of purity; including sodomy, homosexuality, lesbianism, pederasty, bestiality, and all other forms of sexual perversion ([Gal. 5:19](#); [Mt. 23:27](#); [Rom. 1:21-32](#); [6:19](#); [2Cor. 12:21](#); [Eph. 4:19](#); [5:3](#); [Col. 3:5](#); [1Th. 2:3](#); [4:7](#); [2Pet. 2](#); Jude).
- 4). Lasciviousness. Greek: *aselgeia* (GSN-[<G766>](#)), licentiousness, lustfulness, unchastity, and lewdness. Translated "lasciviousness" ([Mk. 7:22](#); [2Cor. 12:21](#); [Gal. 5:19](#); [Eph. 4:19](#); [1Pet. 4:3](#); [Jude 1:4](#)); "wantonness" ([Rom. 13:13](#); [2Pet 2:18](#)); and "filthy" ([2Pet. 2:7](#)). Lasciviousness is the promoting or partaking of that which tends to produce lewd emotions, anything tending to foster sex sin and lust. That is why many worldly pleasures have to be avoided by Christians -- so that lasciviousness may not be committed.
- 5). Idolatry. Greek: *eidololatreia* (GSN-[<G1495>](#)), image-worship ([1Cor. 10:14](#); [Gal. 5:20](#); [Col. 3:5](#); [1Pet. 4:3](#)). Idolatry includes anything on which affections are passionately set; extravagant admiration of the heart ([Eph. 5:5](#); [Col. 3:5](#)).
- 6). Witchcraft. Greek: *pharmakeia* (GSN-[<G5331>](#)), sorcery, practice of dealing with evil spirits; magical incantations and casting spells and charms upon one by means of drugs and potions of various kinds ([Gal. 5:20](#); [Rev. 9:21](#); [18:23](#); cp. [Rev. 21:8](#); [22:15](#)). See note **b**, [Lk. 12:29](#)). Enchantments were used to inflict evil, pains, hatred, sufferings, and death, or to bring good, health, love and other blessings.
- 7). Hatred. Greek: *echthra* (GSN-[<G2189>](#)), enmity ([Lk. 23:12](#); [Rom. 8:7](#); [Eph. 2:15-16](#); [Jas. 4:4](#)); hatred ([Gal. 5:20](#)). Bitter dislike, abhorrence, malice and ill will against anyone; tendency to hold grudges against or be angry at someone.
- 8). Variance. Greek: *eris* (GSN-[<G2054>](#)), note, [Rom. 1:29](#). Dissensions, discord, quarreling, debating; and disputes.
- 9). Emulations. Greek: *zeloi* (GSN-[<G2205>](#)), envies, jealousies; striving to excel at the expense of another; seeking to surpass and out do others; uncurbed rivalry spirit in religion, business, society, and other fields of endeavor. Translated "zeal" ([Jn. 2:17](#); [Rom. 10:2](#); [2Cor. 7:11](#); [9:2](#); [Php. 3:6](#); [Col. 4:13](#)); "fervent mind" ([2Cor. 7:7](#)); "envy" ([Acts 13:45](#); [Rom. 13:13](#); [1Cor. 3:3](#); [2Cor. 12:20](#); [Jas. 3:14-15](#)); "jealousy" ([2Cor. 11:2](#)); "indignation" ([Acts 5:17](#); [Heb. 10:27](#)); and "emulation" ([Gal. 5:20](#)).
- 10). Wrath. Greek: *thumos* (GSN-[<G2372>](#)), "wrath" ([Gal. 5:20](#); [Lk. 4:28](#); [Acts 19:28](#); [2Cor. 12:20](#); [Eph. 4:31](#); [Col. 3:8](#); [Heb. 11:27](#); [Rev. 12:12](#); [14:8,10,19](#); [15:1,7](#); [16:1](#); [18:3](#)); "indignation" ([Rom. 2:8](#)); and "fierceness" ([Rev. 16:19](#); [19:15](#)). Turbulent passions; domestic and civil turmoils; rage; determined and lasting anger.
- 11). Strife. Greek: *eritheia* (GSN-[<G2052>](#)), "strife" ([Gal. 5:20](#); [2Cor. 12:20](#); [Php. 2:3](#); [Jas. 3:14,16](#)); "contention" ([Php. 1:16](#); [Rom. 2:8](#)). Disputations; jangling; strife about words; angry contentions; contest for superiority or

advantage; strenuous endeavor to equal or pay back in kind the wrongs done to one.

12). Seditions. Greek: *dichostasia* (GSN-[<G1370>](#)), "divisions" ([Rom. 16:17](#); [1Cor. 3:3](#)); "seditions, parties, and factions" ([Gal. 5:20](#)). Popular disorder; stirring up strife in religion, government, home, or any other place.

13). Heresies (note, [Acts 5:17](#)).

14). Envyings. Greek: *phthonoi* (GSN-[<G5355>](#)) ([Gal. 5:21](#); [Mt. 27:18](#); [Mk. 15:10](#); [Rom. 1:29](#); [Php. 1:15](#); [1Tim. 6:4](#); [Tit. 3:3](#); [Jas. 4:5](#); [1Pet. 2:1](#)) Pain, ill will, and jealousy at the good fortune or blessings of another; the most base of all degrading and disgraceful passions.

15). Murders. Greek: *phonoi* (GSN-[<G5408>](#)) (note, [Mt. 15:18](#)) to kill; to spoil or mar the happiness of another; hatred ([1Jn. 3:15](#)).

16). Drunkenness. Greek: *methai* (GSN-[<G3178>](#)) ([Gal. 5:21](#); [Lk. 21:34](#); [Rom. 13:13](#)). Living intoxicated; a slave to drink; drinking bouts.

17). Revellings. Greek: *komoi* (GSN-[<G2970>](#)) ([Gal. 5:21](#); [1Pet. 4:3](#)); rioting ([Rom. 13:13](#)). Lascivious and boisterous feasting, with obscene music, and other sinful activities; pleasures; carousings.

2. The lust of the eyes: "lust of the eyes" obviously refers to what is seen, or what we want to see. The eyes enjoy things of beauty, or riches, and when we lust after those things it is the lust of the eyes.

(1) Lust for women ([Mt. 5:28](#); [Job 31:1](#))

(2) Eyes full of adultery -- even men with men and women with women ([2Pet. 2:14](#); [Rom. 1:18-28](#))

(3) Covetousness ([Ps. 10:8](#); [Lk. 12:15](#))

(4) All things desired ([Eccl. 2:10](#))

(5) Idolatry ([Ezek. 6:9](#); [18:6-15](#))

(6) All kinds of evil ([Mt. 6:23](#); [7:22](#))

3. The pride of life: soulish/ emotional (Greek: *alazoneia* (GSN-[<G212>](#)), vain-boastings.. Used only here and [Jas. 4:16](#)

(1) Self-righteousness ([Job 32:1](#))

(2) Positions ([Gen. 3:5](#); [Ezek. 28:11-17](#); [1Tim. 3:6](#); [3Jn. 1:9](#))

(3) Power ([Lev. 26:19](#))

(4) Riches ([Ps. 39:6](#); [Ezek. 28:5](#))

(5) Beauty ([Ezek. 28:11,17](#))

(6) Strength to war ([2Chr. 26:16](#))

(7) Constant boasting of one's self; glorying in sexual activity; pleasures; and all the vanity of life ([1Jn. 2:15](#); [Ps. 24:4](#); [36:2](#); [Isa. 3:16](#))

IV. Conclusion: BE content- Phil. 4:11-13, I Tim. 6:6-10