



Sermon Outline
November 8, 2020
Pastor Bryan Myers

Gratitude Gradient

1 Thessalonians 5:18

The Genius of Gratitude: If there was one thing you could do to improve quality of your life and the depth of your faith it would be to _____ your level of gratitude.

1 Thessalonians 5:18 - Give thanks in all circumstances; for this is God's will for you in Christ Jesus.

If it came in a pill form, gratitude would be deemed a miracle cure. – **Max Lucado**

If you don't choose gratitude, you'll inevitably default to _____.

* **Ingratitude is not good for the _____.**

Romans 1:21 - For although they knew God, they neither glorified him as God nor gave thanks to Him, but their thinking became futile and their foolish hearts were darkened.

Relying on God has to begin all over again every day as if nothing had yet been done. – **C. S. Lewis**

Benefits of choosing gratitude:

1. Gratitude keeps what you _____ from robbing you of what you _____.

Philippians 4:12 - I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.

None is more impoverished than the one who has no gratitude. Gratitude is a currency that we can mint for ourselves, and spend without fear of bankruptcy.

— **Fred De Witt Van Amburgh**

2. Gratitude keeps you from _____ to the wrong conclusions.

Exodus 16:2 - In the desert the whole community grumbled against Moses and Aaron.

* **The opposite of gratitude is _____.**

Entitlement says – *"I deserve."*

Gratitude says – *"I'm blessed."*

* **We each decide: I'm _____ or I'm _____.**

Some people grumble that roses have thorns; I am grateful that thorns have roses. — **Alphonse Karr**

3. A byproduct of gratitude is _____.

* **Definition:** A feeling of joy and contentment that permeates a grateful heart.

Colossians 1:12a - ...and giving joyful thanks to the Father...

Application: Instead of assessing each day based on circumstances that are often out of your control, what if you evaluated each day based on something that is totally under your control – your level of gratitude?

* **Conduct a Daily Gratitude _____ or DGR.**

Was your expression of gratitude **low, medium** or **high**? The goal would be to _____ your level of gratitude.

God gave you a gift of 86,400 seconds today. Have you used one to say Thank you? – **William A. Ward**