

Thankfulness, an Attitude Changer I

11-22-2020

1 Thessalonians 5:18; Ephesians 5:20; Romans 1:21; 2 Timothy 3:1-2

Introduction – Gratitude arises from the lived perception and acceptance of all of life as grace as an undeserved and unearned gift from the Father; an acknowledgement of the giver. Research has shown that giving thanks makes people happier and more resilient, it strengthens relationships, it improves health, and it reduces stress. *An article by Psychologists Dr. Michael McCollough of Southern Methodist University in Dallas, Texas and Robert Emmons of the University of California.*

I. Man's spiritual decline.

1. Eighteen stages of world apostasy (Romans 1:21-32).
2. What started the decline into gross immorality and perversion (v. 21)?
3. Eighteen characteristics of apostates in the last days (2 Timothy 3).

II. An attitude of gratitude (Psalm 100).

1. Psalm 100, gives not only a challenge and a call to be thankful, but also plenty of reasons why we should thank the Lord for His goodness toward us.

III. Our entrance into his presence. "Make a joyful noise" comes from one Hebrew word which means "to shout."

1. Enter with Shouting (v. 1). "Vocal praise unto the Lord is kind of fashion in our world, but it is still in vogue in God's economy."
2. Enter with Service (v. 2). We are to never allow our labor for the Lord to become a drudgery.
3. Enter with Singing (v. 2). Lifting our souls unto the Lord through song is a tremendous way to bless His name and to exalt Him.

IV. Worship the sovereign God.

1. All thanksgiving flows from verse 3.
2. The summons to praise is based on these three valid reasons (v. 5).

Gratitude is the result of a sense of forgiveness, a sense of need, and humility.