

THE POWER & HABIT OF GIVING THANKS

November 22, 2015 Various Texts by Bob Branch
Staying Free, Part 9

Psalm 9:1; Psalm 107:8; 1 Thess. 5:18; Colossians 3:15

BIG IDEA: How the practice and habit of giving thanks ignites joy in us and opens our eyes to what God is doing all around us.

DEFINED: *To thank is to acknowledge something done for you or given to you with appreciation and gratitude.*

The POWER of Thankfulness and Giving Thanks.

1 Giving thanks is good for us.

“It is good to give thanks to the LORD, to sing praises to your name” **Psalm 92:1**

“give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” **1 Thess. 5:18** (Eph. 5:20)

2 Giving thanks takes our eyes off ourselves and circumstances and puts them back in touch with God, his goodness and love toward us. (Col. 3:15-16; Ps. 107:8)

3 Giving thanks opens our eyes to God’s activity all around us.

“Oh give thanks to the LORD, for he is good, for his steadfast love endures forever!” **Psalm 107:1** ESV

4 Giving thanks is part of God’s remedy for anxiety and worry.

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” **Philippians 4:6-7**

5 Giving thanks breaks the chains of entitlement and opens up contentment.

“I have learned to be content whatever the circumstances... 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. I can do all this through him who gives me strength.” **Phil. 4:11-13**

6 Giving thanks sets the creature-Creator relationship straight (Rom 1:21)

7 Giving thanks releases joy in our lives (Ps. 97:12; Lk. 10:21; Phil. 4:4-7)

The HABIT of Thankfulness and Giving Thanks.

1 Giving thanks is a sacrifice... it is offering something.

“And let them offer sacrifices of thanksgiving, and tell of his deeds in songs of joy!” **Psalm 107:22** ESV (Ps. 50:14, 23)

2 Giving thanks is an act of will... a choice.

“Let them thank the LORD for his steadfast love” **Psalm 107:8**

3 Giving thanks is a whole heart exercise... but, not a burden.

“I will give thanks to the LORD with my whole heart; I will recount all of your wonderful deeds.” **Psalm 9:1** (79:13)

HOW?

- **Verbally** (Psalm 26:7; 109:30)
- **Written... a Thanks Journal**

THE THANKING CHALLENGE

F.I.T.Y. (“Father, I thank you for...”)