

Make a Thankful Heart Your Way of Life

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And be filled with thanksgiving. Colossians 2:7c (Good New Translation)

A thankful heart is demonstrated when we regularly recognize God's blessings in our lives and express gratefulness to Him for those blessings.

Lesson #1: UNDERSTAND THAT GOD IS THE SOURCE OF EVERY BLESSING.

Every good and perfect gift is from above, coming down from the Father
James 1:17a (New International Version)

Better a meal of vegetables where there is love than a fattened calf with hatred.
Proverbs 15:17 (NIV)

Bless the LORD, O my soul, and forget not all his benefits, ³who forgives all your iniquity, who heals all your diseases, ⁴who redeems your life from the pit, who crowns you with steadfast love and mercy, ⁵who satisfies you with good so that your youth is renewed like the eagle's.
Psalm 103:2-5 (English Standard Version)

LESSON #2: CHOOSE THANKSGIVING ON A DAILY BASIS.

Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.
1 Thessalonians 5:18 (New Living Translation)

He has broken my teeth with gravel; he has trampled me in the dust. ¹⁷I have been deprived of peace; I have forgotten what prosperity is. ¹⁸So I say, "My splendor is gone and all that I had hoped from the LORD." ¹⁹I remember my affliction and my wandering, the bitterness and the gall. ²⁰I will remember them, and my soul is downcast within me. Lamentations 3:16-20 (NIV)

Yet this I call to mind and therefore I have hope: ²²Because of the LORD's great love we are not consumed, for his compassions never fail. ²³They are new every morning; great is your faithfulness. ²⁴I say to myself, "The LORD is my portion; therefore I will wait for him." ²⁵The LORD is good to those whose hope is in him, to the one who seeks him.
Lamentations 3:21-25 (NIV)

Lesson #3: REGULARLY EXPRESS THANKS TO GOD AND OTHERS.

I will give thanks to the LORD because of his righteousness . . . Psalm 7:17a (NIV)

Give thanks to the LORD, for he is good . . . Psalm 118:1a (NIV)

I will give you thanks, for you answered me . . . Psalm 118:21a (NIV)

I always thank God when I pray for you, Philemon, ⁵because I keep hearing of your trust in the Lord Jesus and your love for all of God's people. Philemon 1:4-5 (NLT)

Give my greetings to Priscilla and Aquila, my co-workers in the ministry of Christ Jesus. ⁴In fact, they once risked their lives for me. I am thankful to them, and so are all the Gentile churches. Romans 16:3-4 (NLT)

And I want you to know, dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News. ¹³For everyone here, including all the soldiers in the palace guard, knows that I am in chains because of Christ. ¹⁴And because of my imprisonment, many of the Christians here have gained confidence and become more bold in telling others about Christ . . . ¹⁸so I rejoice Philippians 1:12-18 (NLT)