

“Back to Basics, Pt. 8 – Give Thanks”

Col. 3:15-17

Feb. 26, 2023

**I. Is a sermon on giving thanks necessary?**

- A. One of the most repeated Biblical commands is to give thanks.
- B. Ingratitude is a fundamental sin of fallen humanity.

*Romans 1:21 - For although they knew God, they did not honor him as God or give thanks to him, but they became futile in their thinking, and their foolish hearts were darkened.*

- C. Believers have many remaining ungrateful tendencies and habits.

**II. What does the Bible say about giving thanks?**

- A. The scriptures tell us that we are to live in constant mindset of gratitude, an attitude of thanksgiving.

*Ephesians 5:20 - <sup>20</sup> always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.*

- B. The characteristics of a thankful mindset:

1. It is increasingly mindful of God’s constant *presence in* and *sustaining of* the world and our lives...
2. It receives all blessings as generous gifts from one’s Heavenly Father, leading to a growth in one’s own generosity...
3. It becomes increasingly aware of God’s constant acts of kindness to us in our day to day lives... →
4. A thankful heart basks in the goodness and kindness of one’s Heavenly Father.

**III. The benefits of a thankful spirit...**

- A. A healthy mental/emotional state...
- B. Contentment and Peace...

#### **IV. Conquering the barriers to practicing gratitude....**

A. When our lives and relationships don't feel as fulfilling as we think they should...

1. We need to remember that God knows us better than anyone.
2. He knows what we need for true, eternal happiness.

B. When trials come our way....

***Romans 8:28** - And we know that for those who love God all things work together for good, for those who are called according to his purpose.*

***James 1:2-4** - <sup>2</sup> Count it all joy, my brothers, when you meet trials of various kinds, <sup>3</sup> for you know that the testing of your faith produces steadfastness. <sup>4</sup> And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.*