

# Thankfulness

## Psalm 100; Luke 17.11-19

**Train yourself to be godly.** For physical training is of some value, but **godliness** has value for all things, holding promise for both the present life and the life to come. 1 Timothy 4.7b-8

Some virtues of Christian character, such as holiness, love, and faithfulness, are godly traits because they reflect the character of God. Other virtues are godly traits because they *acknowledge and exalt* the character of God. They are God-centered qualities that enhance our devotion to God. Such are the virtues of humility, contentment, and thankfulness. In humility we acknowledge God's majesty, in contentment his grace, and in thankfulness his goodness.

### To Be Thankful is Honoring to God

*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. Therefore God gave them over...* Romans 1.20-24a

One of the most instructive passages on the subject of thankfulness is Luke 17.11-19, the account of the healing of the ten lepers.

*Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.* Philippians 4.6

*So then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.* Colossians 2.6-7

### What is the Purpose of Being Thankful?

- The primary purpose of giving thanks to God is to acknowledge his goodness and honor him.

*He who sacrifices thank offerings honors me, and he prepares the way so that I may show him the salvation of God.* Psalm 50.23; Psalm 106.1-3; Ephesians 1.3

- Thanksgiving promotes not only the glory God, but also humility in us.

Deuteronomy 8.11-14, 8.17-18, and 9.4-7

- Thanksgiving also stimulates our faith. In Psalm 50.14-15
- Remembering God's previous mercies encourages us to trust him for mercies we need today.

*Do not be anxious about anything, but in everything, 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

- Finally, thanksgiving promotes contentment.

### Y,BH? – Cultivating a Thankful Heart

- The foundation of an attitude of thankfulness is a life lived in fellowship with Christ.

*So then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.* Colossians 2.6-7

- But, though an attitude of thankfulness is the work of the Holy Spirit, it also comes as a result of personal effort on our part. We must cultivate the habit of always giving thanks for everything.

*Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.* Ephesians 5.19-20; Psalm 92.1-2; Colossians 1.3-6

*Devote yourselves to prayer, being watchful and thankful.* Colossians 4.2