

GRATITUDE IS AN ATTITUDE

The 4th Thursday of November in the USA is known as Thanksgiving, a national holiday set aside to celebrate the annual harvest and other blessings in the past year.

Our society is increasingly adopting more of an attitude of entitlement than one of thanksgiving.

Entitlement: The belief that one is inherently deserving of privileges or special treatment.

The **Social Progress Index** measures which countries have the best standard of living. The index has 3 categories and rates each nation with a score out of 100.

Basic Human Needs: nutrition, basic medical care, sanitation, water, shelter, personal safety.

Wellbeing: access to basic knowledge and technology, health/wellness, environmental quality.

Opportunity: personal rights, freedom and choice, inclusiveness, access to education.

1. Norway: 92.63

8. Netherlands: 90.57

4. Iceland: 91.78

11. **Australia: 90.28**

2021 overall average of 168 nations = 65/100.

THANKFULNESS IS AN EMOTION

Pausing to thank God for who He is and for what He has done for us.

Psalm 107:1 (nlt) Give thanks to the Lord, for He is good! His faithful love endures forever.

*Psalm 118:1 (cev) Tell the Lord how **thankful you are**, because He is kind and always merciful.*

Thankfulness is how we feel in the moment, and like all feelings, eventually, it fades.

Thankfulness is a temporary emotional response mostly to a temporary circumstance.

Luke 17:11-18 As Jesus made His way to Jerusalem, He went along the border between Samaria and Galilee.

¹² He was going into a village when He was met by ten men suffering from a dreaded skin disease (leprosy).

They stood at a distance ¹³ and shouted, “Jesus! Master!

Have pity on us!” ¹⁴ Jesus saw them and said to them,

“Go and let the priests examine you.” On the way they

were made clean. ¹⁵ When one of them saw that he was healed, he came back, praising God in a loud voice.

¹⁶ He threw himself to the ground at Jesus' feet and

thanked Him. The man was a Samaritan. ¹⁷ Jesus spoke

up, “There were ten who were healed; where are the

other nine? ¹⁸ Why is this foreigner the only one who came back to give thanks to God?”

The other nine walked off and didn't show any thankfulness. *"Well, Jesus was rumoured to heal, and we were sick!"*

Setbacks, sickness, grief, circumstances, and relational breakdowns will drain our thankfulness.

Thankfulness is an emotion that fades whereas gratitude is an ongoing attitude of appreciation in any circumstance.

GRATITUDE IS AN ATTITUDE

The opposite to an attitude of entitlement is an attitude of gratefulness.

An attitude is how we interact with the world or circumstances around us, according to how we see things, our perspective on life.

For the Christ follower our attitude should echo the apostle Paul's perspective on life.

1 Thessalonians 5:16-18 (tlb) Always be joyful.¹⁷ Always keep on praying. ¹⁸ No matter what happens, always be thankful, for this is God's will for you who belong to Christ Jesus.

(niv) ¹⁶ Rejoice always, ¹⁷ pray continually, ¹⁸ give thanks in all circumstances; for this is God's will for you in Christ Jesus.

(kjb) ¹⁶ Rejoice evermore. ¹⁷ Pray without ceasing. ¹⁸ In everything give thanks: for this is the will of God in Christ Jesus concerning you.

(amp) ¹⁸ in every situation [no matter what the circumstances] be thankful and continually give thanks to God; for this is the will of God for you in Christ Jesus.

Gratitude is expressing thankfulness and being appreciative of daily life even when nothing exciting or positive happens.

Gratitude is appreciating the things that we often take for granted.

Gratitude is our decision that the day is a good day even when the evidence points to the opposite.

We may not always be happy or loving life, but we can still practice gratitude - it's an attitude!

THE DIFFERENCES BETWEEN THANKFULNESS AND GRATITUDE

The emotion of thankfulness fades but the attitude of gratitude can remain.

Gratitude deepens internally; thankfulness is external.

When we practice gratitude, we rely on our inner voice to stay positive and remain appreciative in all circumstances.

Thankfulness is about the present interaction; gratitude improves the long-term relationship.

We may feel thankful to someone in the moment, but practicing gratitude is an ongoing showing of appreciation in your relationships.

Gratitude is continually expressing thankfulness to God for His blessings.

Ephesians 5:20 (niv) Always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

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

*Colossians 2:7 (amp) Having been deeply rooted [in Him] and now being continually built up in Him and [becoming increasingly more] established in your faith, just as you were taught, **and overflowing in it with gratitude.***

As we grow as believers, we should continually cultivate an attitude of gratitude in our lives.