

THERE'S GOLD IN GRATITUDE

(Benefits of Giving Thanks)

GOLDEN NUGGETS IN GRATITUDE

- Science acknowledged the benefits of giving thanks
 1. An open door to more/better relationships
 2. Improved physical health
 3. Improves psychological health
 4. Increases mental strength
- Scripture encourages giving thanks (*Hebrews 13:15 NKJV*)
 1. We know who we are giving thanks to
 2. We are directed to give thanks continually
 3. We must overcome our feelings of not wanting to
 4. We gain the physical, emotional, and mental benefits plus

LEARNING FROM A THANKFUL MAN (Luke 17:11-19 CSB)

- Ten men who asked for mercy
 1. Could not come near Jesus
 2. Jesus gave them an unusual directive
 3. They all chose to act on Jesus' word regardless of background or physical condition
- One man turned around to give thanks
 1. He literally had to go against the flow
 2. As he returned to give thanks, he was the only one who came close to Jesus
- Where are the nine?
 1. By asking this question Jesus implied it was right to return and give thanks to God
 2. For the nine - why did they not come back

THE GOLD IN GRATITUDE

- Giving thanks magnifies God (*Psalms 69:30 NKJV*)
 1. The bigger God is to us, the smaller the negatives and problems appear
 2. Helps our emotional and mental health
- Giving thanks helps us find what is right in our lives
 1. To be thankful we have to be intentional
 2. Focusing on what is right reduces complaining and arguing (*Philippians 2:14-15 CSB*)
- Brings us closer to God (*1 Thessalonians 5:18 NKJV*)
 1. Puts us in His will
 2. Represents a step of faith on our part