

Anchored in Gratitude

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"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings." - William Arthur Ward

- **Thankfulness** is mostly a *feeling* that you get internally when you receive something that you either wanted or did not expect.
- **Gratitude** is when that *internal feeling* triggers an *external action* that expresses your thanks in a tangible way.

Luke 17:11-19, 11 As Jesus continued toward Jerusalem, he reached the border between Galilee and Samaria. 12 As he entered a village there, ten men with leprosy stood at a distance, 13 crying out, "Jesus, Master, have mercy on us!" 14 He looked at them and said, "Go show yourselves to the priests." And as they went, they were cleansed of their leprosy. 15 One of them, when he saw that he was healed, came back to Jesus, shouting, "Praise God!" 16 He fell to the ground at Jesus' feet, thanking him for what he had done. This man was a Samaritan. 17 Jesus asked, "Didn't I heal ten men? Where are the other nine? 18 Has no one returned to give glory to God except this foreigner?" 19 And Jesus said to the man, "Stand up and go. Your faith has healed you."

Philippians 4:4-9, 4 Always be full of joy in the Lord. I say it again—rejoice! 5 Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. 6 Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. 8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. 9 Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you. '

3 Steps to Living a Life Anchored in Gratitude

1. Embracing Joy

Philippians 4:4, Always be full of joy in the Lord. I say it again—rejoice!

- **Happiness is fleeting. Joy remains.**
- **Happiness is reactionary. Joy is a fruit of the Spirit.**
- **Happiness is anchored in circumstance. Joy is anchored in truth.**

1 *Thessalonians 5:16-18*, 16 Always be joyful. 17 Never stop praying. 18 Be thankful in ALL circumstances, for this is God's will for you who belong to Christ Jesus.

- **Joy does not downplay or deny difficulty in life.**

2. Expressing Praise

Psalms 34:1-2, 1 I will bless the Lord at all times; His praise *shall* continually be in my mouth. 2 My soul shall make its boast in the Lord; The humble shall hear *of it* and be glad.

3. Experience Peace

Philippians 4:7, Then you will experience God's peace, which exceeds anything we can understand, His peace will guard your hearts and minds as you live in Christ Jesus.