

THANKS

UNLEASHING GOD'S BLESSING
THROUGH GRATITUDE

PART 4

Give Thanks—Raise Your GQ

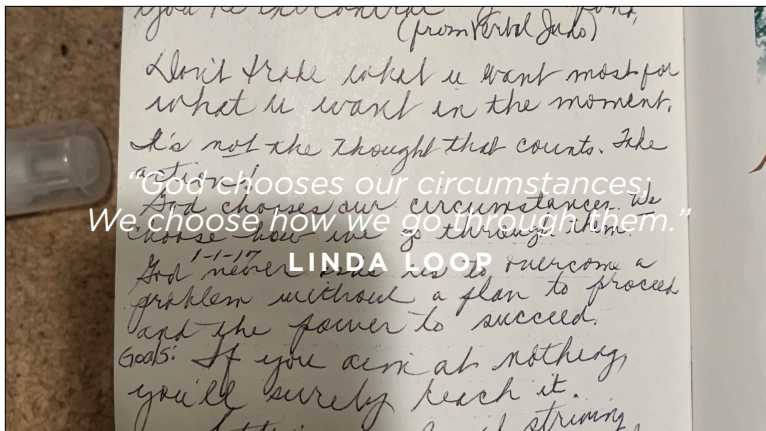
Why do intelligent people
often fail miserably at life?

It's not their **IQ**, it's their **EQ**—
Emotional Intelligence.

EQ = tolerating frustration, motivating
self, completing tasks, empathy,
communicating effectively, etc.

The Bible teaches that EQ is
generated by my attitude.

Attitude controls my **life**,
determines my **future**,
and shapes my **destiny**.



GRATITUDE QUOTIENT **RAISE MY GQ**

Nurturing an attitude of gratitude
— parent to all virtuous attitudes —
will enable me to master all of life as
God meant for me to live it.

GRATITUDE QUOTIENT **RAISE MY GQ**

*"Let this attitude be in you
that was also in Jesus."*

PHILIPPIANS 2:5

GRATITUDE QUOTIENT **FEELINGS VS. THOUGHTS**

I can't force feelings of
gratitude. Gratitude is a way of
thinking — the Master's mind
must master my mind.

WHY GQ IS CRITICAL

1. GQ keeps me from being self-absorbed in a culture of "me-ism."

An attitude of gratitude calls me to
recognize how gracious, loving and
generous God has been to me.

*"Because of the Lord's great love we
are not consumed, for his mercies
never fail. They are new every morning;
Great is your faithfulness."*

LAMENTATIONS 3:22

GQ flows from a perspective that
sees even the continuation of life
as a gift from God.

*"Here ends another day in which I have had
eyes, ears, and hands [to enjoy this] great
world around me. Tomorrow begins
another day. Why am I allowed two?"*

G.K. CHESTERTON

WHY GQ IS CRITICAL

Z. GQ equips me with an eternal
perspective on life.

An attitude of gratitude enables me to endure
hardship from the perspective that sees
God's sovereign hand at work.

*"Don't be anxious about anything, but by
praying in everything, with thanksgiving,
God's peace, which transcends all
understanding, will guard your heart and
protect your mind in Christ Jesus."*

PHILIPPIANS 4:6-7

WHY GQ IS CRITICAL

3. GQ reminds me of how truly blessed I really am.

An attitude of gratitude forces me to focus on what I have, not on what I don't have.

"Don't be blind to the fact that every good and perfect gift is from above, coming down from the Father of lights, who doesn't change like shifting shadows."

JAMES 1:16-17

An attitude of gratitude
opens the door for more.

"To be thankful for what we have received...is the surest way to receive more."

ANDREW MURRAY

PRACTICES FOR INCREASING GQ

1. Practice Noticing

"Give thanks to the Lord, for he is good; his love endures forever."

PSALM 107:1

PRACTICES FOR
INCREASING GQ

2. Practice Praising

PRACTICE PRAISING

In the morning: *"My voice shall you hear in the morning,
O Lord; early will I direct my prayer unto
you, and will look up."* **PSALM 5:3**

During the day: *"This is the day the Lord has made; rejoice
and be glad in it."* **PSALM 118:24**

In the evening: *"At midnight I will rise to give you
thanks."* **PSALM 119:62**

PRACTICES FOR
INCREASING GQ

3. Practice Delighting in Difficulties

*"In everything give thanks: for this is
God's will for you in Christ Jesus."*
1 THESSALONIANS 5:18

"The tests of life are to make, not break us.
Trouble may demolish our business but build
our character. The blow at the outward life may
be the greatest blessing to the inner life. If God,
then, puts or permits anything hard in our lives,
be sure that the real peril ... is what we shall
lose if we flinch."

MALTBIE BABCOCK



An attitude of gratitude
will change my life.

