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"Let us not be afraid to look at everything that has brought us to where we are now—the good as well as the bad, the moments of joy as well as the moments of sorrow, the successes as well as the failures, the rewards as well as the rejections—and trust that we will soon see in it the guiding hand of a loving God."

~Henri Nouwen



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"To be thankful for what we've received and for what God has prepared is the surest way to receive more." ~Andrew Murray

"An attitude of gratitude builds on itself. Express gratitude and you feel more grateful. If you notice some small matter worth being thankful for, you increase the chance of noticing another one soon." ~Bruce Chapman



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- Gratitude focuses me on what is most important: God's faithfulness.



## The Real Reason for Gratitude

"Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; Great is your faithfulness." ~Lamentations 3:22

"No duty is more urgent than that of returning thanks." ~Ambrose



#### The Urgent Duty

"When you have eaten and are satisfied, praise the Lord your God for the good land he has given you." ~Deuteronomy 8:10

"Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."

~Psalm 100:4

"Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful." ~Colossians 3:15



1. I must reflect on God's goodness.

"Every good and perfect gift comes from God." ~James 1:17

"Oh, thank God—he's so good! His love never runs out." ~Psalm 107:1 (The Message)



2. I must realign my life and language to give God all the credit He deserves.

"You may say to yourself, 'My power and the strength of my hands have produced this [success] for me.' But remember the Lord your God, for it is he who gives you the ability to [achieve success.]" ~Deuteronomy 8:17-18



3. I must refocus my vision from an earthly view to an eternal perspective.

"For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal."

~II Corinthians 4:17-18



"Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe."

~Hebrews 12:28



4. I must rejoice—offering up my voice in gratitude to God whether I am hurting or happy.

"Gratitude is an offering precious in the sight of God, and it is one that the poorest of us can make and be not poorer but richer for having made it." ~A.W. Tozer



"The root of joy is gratefulness...It is not joy that makes us grateful, it is gratitude that makes us joyful." ~David Steindl-Rast

"Give thanks in all circumstances, for this is God's will for you in Christ Jesus." ~I Thessalonians 5:1



#### Practice Gratitude

- **It is only fitting!** "Gratitude is not only the greatest of the virtues, but the parent of all others." ~Cicero
- **It is my duty!** "The worst moment for an atheist is when he feels grateful and there is no one to thank." ~G.K. Chesterton
- It is good for me! "When one is grateful, it is hard to feel angry, resentful or bitter." ~Bruce Chapman



"To be grateful for an unanswered prayer, to give thanks in a state of interior desolation, to trust in the love of God in the face of the marvels, cruel circumstances, obscenities, and commonplaces of life is to whisper a doxology in darkness."

~Brennan Manning

