



CHOOSE TO GIVE THANKS

In this lesson you will learn the biblical guidelines for developing an attitude of gratitude as well as the benefits of being a grateful, “thanks living” person.

- I. **Psalm 100:1-5 – Instructions for giving praise to the Lord for His faithfulness.**
 - A. Verse 1 – “Make a joyful shout to the Lord, all you lands!”
 - B. Verse 2 – “Serve the Lord with gladness. . . .”
 - C. Verse 3 – “Know that the Lord, He is God; it is He who has made us, and not we ourselves. . . .”
 - D. Verse 4 – “Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name.”

- II. **Psalm 100:5 - Why we bless the Lord.**
 - A. The Lord is good.
 - B. His mercy is everlasting.
 - C. His truth endures to all generations.

- III. **Seven-year secular research study commissioned by John Templeton Foundation on “Dimension and Perspectives of Gratitude” reveals findings in agreement with biblical truths, such as:**
 - A. “Regular practice of grateful thinking can increase happiness levels by over 25 percent.”
 - B. “Feeling grateful toward God lessens the harmful effects on health in later life.”
 - C. “Grateful people report higher levels of positive emotions; i.e., satisfaction, vitality, and optimism.”
 - D. “Grateful people believe that all of life is a gift.”

- IV. **Luke 17:15-19 – Only one of ten lepers who were healed returned to Jesus to thank Him. This leper was made “complete” in spirit, soul, and body.**

- V. **Psalm 103:1-5 – God’s benefits.**
 - A. Forgives all your sins.
 - B. Heals all your diseases.
 - C. Redeems your life from destruction.
 - D. Crowns you with loving-kindness and tender mercies.
 - E. Satisfies your mouth with good things.
 - F. Renews your youth like the eagle.

- VI. **1 Thessalonians 5:16-18 – “Rejoice always, pray without ceasing, in everything give thanks, for this is the will of God in Christ Jesus for you.”**
 - A. Give thanks in all situations, but not for the situations which are not of God.

Discussion Questions

- Have you made a choice to be a grateful person rather than a complaining, critical, negative person?
- Share some of the benefits you have received from having an attitude of gratitude.
- Do you need prayer to make an attitude adjustment?

Be a Doer of the Word

Begin to journal the daily goodness and faithfulness of God in your life for which you are grateful.

Scripture Memory Verse

Psalm 100:5 – *“For the Lord is good; His mercy is everlasting, and His truth endures to all generations.”*