

Flow

Part Two: *gratitude*

November 26, 2023

Grace is God favoring us with good things we do not deserve and could never earn (Ephesians 2:5). According to Romans 5:1-2, God's grace saves us, and God expects us to live the Christian life by His grace. God wants us to allow His grace to flow into every part of our lives and allow His grace to flow from us to others. Today, I'm going to give you the first of six characteristics you can use to gauge how much of God's grace you are allowing to flow into your life and flow out of your life to others.

"It is good to give thanks to the Lord, to sing praises to the Most High. It is good to proclaim your unfailing love in the morning, your faithfulness in the evening, accompanied by a ten-stringed instrument, a harp, and the melody of a lyre. You thrill me, Lord, with all you have done for me! I sing for joy because of what you have done." (Psalm 92:1-4, NLT)

David gives us three reasons we should give thanks to the Lord in Psalm 92:1-4:

1st - We should give thanks to the Lord because He is the Most High. Vs. 1

David refers to God in verse one as the Most High, or "the highest in rank," because no one is greater in wisdom, power, or authority than God. No one is equal to God (Isaiah 40:12-28)! It is good to give thanks and sing praises to the Most High because all things were made by and for God, and everything in the universe is sustained by Him (Col. 1:15-17; Rev. 4:11).

If gratitude is a confession of belief in God and dependence on Him, what is ingratitude?

- Ingratitude is a confession of unbelief in God and independence from Him.

Ungrateful people do not believe in the Most High or depend on Him to meet their needs. Instead, they give things credit for God's gifts (Romans 1:18-23).

2nd - We should give thanks to the Lord because of His unfailing love and faithfulness to us. Vs. 2-3

We don't deserve God's love, but His love for us never ends. God loves us because it is in His nature to love (1 John 4:8). Likewise, God must keep His promises to us because He cannot lie (Titus 1:2). God can be trusted because He is trustworthy (Lamentations 3:22-23)!

3rd - We should give thanks to the Lord because of what He has done for us. Vs. 4

After telling us to proclaim the Lord's unfailing love and faithfulness in Psalm 92:2 & 3, David tells us to thank God for all He has done for us (Vs. 4).

Why should we thank God for all He has done for us?

- Thanking God for the good things He has done for you will make you a grateful person and give you contentment and joy! Psalm 103:1-2

Gratitude is the first characteristic of a grace-filled life. You will continually give thanks and praise to the Lord if you have experienced God's gracious gifts, and your thanksgiving will result in contentment and joy. Grace-filled Christians have an attitude of gratitude!

Count Your Blessings Quotes...

"If we would take the time to step aside each day and count the blessings that God has bestowed upon us, in His mercy and grace, I think we would be a much happier people." Daniella Whyte

When day is done, and I lay in bed,
I feel God's blessing upon me spread.
If you are restless and cannot sleep,
Just count your blessings instead of sheep. Eldred Herbert

"When you count your blessings, you turn life's simple moments into priceless treasures." Anonymous

"Count your blessings, one by one!!! Gratitude journaling is one of the best ways to train your mind to look for appreciation in your life and feel joy in those thankful moments." Sandra Bell

"Better to lose count while naming your blessings than to lose your blessings to counting your troubles." Maltbie D. Babcock

"The more you count your blessings, the more blessings you will find to count." Anonymous

"The secret of happiness is to count your blessings while others are adding up their troubles." William Penn

"Count your blessings. Once you realize how valuable you are and how much you have going for you, the smiles will return, the sun will break out, the music will play, and you will finally be able to move forward with the life that God intended for you with grace, strength, courage, and confidence." Og Mandino

"To multiply your joy, count your blessings." J. B. Priestley

"Let no day go by without counting your blessing." John Templeton

"To find the best comfort, I count my blessings." Lailah Gifty Akita

"Those blessings are sweetest that are won with prayer and worn with thanks." Thomas Goodwin

"If we counted our blessings instead of our money, we would all be rich." Linda Poindexter

"Gratitude lifts our eyes off the things we lack so we might see the blessings we possess." Max Lucado

"...but let the thankful heart sweep through the day and, as the magnet finds the iron..." Henry Ward Beecher

"I believe God has blessed me in immeasurable ways so that I can, in return, bless and help others." Karen Civil

"Gratitude is an opener of locked-up blessings." Marianne Williamson

"Let all that I am praise the LORD; with my whole heart, I will praise his holy name. Let all that I am praise the LORD; may I never forget the good things he does for me. He forgives all my sins and heals all my diseases. He redeems me from death and crowns me with love and tender mercies. He fills my life with good things. My youth is renewed like the eagle's!" David (Psalm 103:1-5, NLT)