



The power of
GRATITUDE

THE POWER OF GRATITUDE

*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 NLT)*

INTRODUCTION: *In Luke 17:11-19, we see the story of 10 lepers who came to Jesus to be healed. However, once they were healed, only one of the ten took the time to return and thank Jesus for the healing he had received. Human beings have the tendency to forget the good things people have done to us and many times, we are ungrateful. The truth is that there is a power in being grateful.*

1. A GRATEFUL HEART GIVES IT ALL. (Luke 7:37-48)

- This story is a clear example of what a person with a thankful heart is willing to do. This woman had had an encounter with God and her life had been transformed by what she did. Out of gratitude, she took many actions to demonstrate her gratitude.
- The only way we can demonstrate our faith is through our actions. An act is much more powerful than words. This woman brought a jar of a very expensive perfume (costing approx. \$9500) and poured it on Jesus' feet to demonstrate her gratitude for what He had done for her.
- A person that is grateful with God doesn't hold back resources to demonstrate gratitude. It's easy to speak and say you are grateful, but we demonstrate it with action.
- Example: How do we demonstrate gratitude to God? **Serving Him, being obedient, speaking to others about**

His love, giving Him and offering or tithing, etc. In these ways, we thank Him for what He has given us, even though we would never be able to pay Him back for everything He has given us.

2. WHO SHOULD WE BE GRATEFUL WITH?

- Gratitude has to do with honor, respect, and obedience. Sadly, honor and acknowledgement is not practiced in the homes. (Ephesians 6:1-3)
- **Children should be grateful with their parents.** *There are many sons and daughters in this world that judge and blame their parents instead of thanking them for everything they do. "There is a story that tells of a mother whose hands were full of scars. One day while she caressed her teenage son, he told her "Please don't caress me because your hands are full of scars." This saddened the mother, but she didn't say anything. One day, a terrible fire was ignited in their building and her son was trapped in the fire. Seeing what was happening and without hesitation, the mother began to remove the lit objects that were in the way of saving her son. Finally, she was able to get him out, but her hands were completely deformed. Her son, seeing that his mother's hands were even less attractive than before, told her, "Mother, you have the most beautiful hands in the world."*

- **We should be grateful with God for our spouses.** (*Proverbs 18:22*) Wives are a blessing of God to their husbands and they should be honored as God commands. (1 Peter 3:7). In the same way, women should be grateful with their husbands, respecting them for everything they do. (*Ephesians 5:33*)
- **We should thank those who instruct us.** (*Galatians 6.6*) We should be grateful with those who God has placed in our lives to guide us on the path of His Word. (*Hebrews 13:7*)

3. BENEFITS OF BEING GRATEFUL:

- ***It prepares us to receive greater blessings.*** (*1 Timothy 6.7-8*) A person that didn't have new shoes stopped complaining when they saw someone who didn't have any shoes at all. If we are happy and grateful for what we have now, we will also be grateful and happy when we have more.
- ***God recognizes us when we are grateful.*** Returning to the story of the woman who, with a grateful heart, broke a jar of perfume and poured it over Jesus' feet, we see how the Lord made her immortal, since we still speak about her 2,000 years later. (*Matthew 26.7-13*).

CONCLUSION:

Begin practicing an attitude of gratitude today. First, with God and then with people who bless you: spouse, parents, teachers, pastors, sons and daughters, family, friends, etc. Demonstrate gratitude to God by giving your life to Christ.

SALVATION PRAYER: *Lord Jesus, I recognize that I have sinned and that you died for me. Today I repent and ask for forgiveness. I give you my heart and my life so you can be my Lord and personal savior, amen.*

INTERACTIVE QUESTIONS:

- What has God done for you that you are grateful for?
- How long has it been since you've shown your spouse or children gratitude through your actions?
- In what way are you demonstrating gratitude to God for everything he's done in your life?

PRACTICAL APPLICATION:

- Write a thank you note to someone this week and give it to them: your spouse, leader, parent, friend, pastor, or other.

GRATEFUL PERSON VS UNGRATEFUL PERSON

"Be always full of joy in the Lord. I repeat, rejoice! Let everyone see that they are considered in everything they do. Remember that the Lord returns soon. Do not worry about anything; instead, pray for everything. Tell God what you need and thank Him for everything He has done. In this way you will experience the peace of God, which surpasses everything we can understand. The peace of God will take care of your heart and mind as long as you live in Christ Jesus "(Philippians 4: 4-7 NLT).

ILLUSTRATION: One day a woman came home from work and found the house a disaster; dirty dishes, clothes everywhere, papers and magazines on the furniture etc. Full of rage, she let out her anger against her husband and daughter: "In this house, nobody does anything, if I do not come to put order nobody does, you just eat and don't even think about washing, much less fixing your clothes, nobody considers me, etc. At that moment her 10-year-old daughter stops her and asks her: Mommy, when have you asked my dad and me to help you? At that moment she stopped complaining and at the question of her daughter, she realized that she had never really asked her family for help. How many times have we acted like this woman and how many times like her daughter? Usually, we sink into discussions that do not lead to anything, we begin to blame ourselves, to delve into the past and ultimately what remains is fatigue and resentment.

INTRODUCTION: Today we will learn the difference between a grateful person and an ungrateful person and how to implement gratitude as a way of life.

1. UNGRATEFUL PERSON:

- They focus incessantly on what they lack instead of seeing what they have.
- Complains all the time. (James 5:9)
- Feels that the world, even God, always "owes them" something. (Romans 1:21)
- It's hard for them to give thanks to other people, even God. (Luke: 17:15-18)

- They live with a high level of stress due to the lack of contentment with what they have.
- It's difficult for them to rejoice with someone that accomplished something or has something they don't.
- They live worried. They lack the faith to trust in God that He will provide for next week's necessities or even next months.
- It's difficult for them to "give". They'd rather think about taking advantage of circumstances and people. (Proverbs 18:1)

2. THE GRATEFUL PERSON:

- Although they desire to progress and have more, they always have contentment in their heart. (Philip. 4:11-12)
- It's easy for them to be grateful with God and people. (Ephesians 1:16)
- It's a person with a generous attitude. They have the mentality of «it's better to give than receive».
- They focus on what they have with Joy. Instead of getting depressed because they have no job, they say: "Thank you my God, because I have health and feet to go out and look for a job."
- In general, they are a person of much faith. They give thanks for yesterday's provision and firmly believe that God

will take care of them tomorrow, so they do not live with anxiety. (*Matt. 6:33 NVT*)

- Is oriented to service. Their question is: "How can I help you??"».
- Does not forget and come back. The grateful person does not forget the places or the people who have helped them.

3. HOW CAN WE GROW IN GRATITUDE?

a) Not worrying (*Philippians 4:6*)

- **Worry means:** "Feeling of restlessness, fear or uneasiness that is felt by a person, a thing or a certain situation".
- **The Word teaches us that we should not worry** (*Matthew 6:31-34*) since doing so will not change the circumstances. On the contrary, it will make them worse because many times it makes us sick.

b) Pray (*Philippians 4:6*)

- **If we invest the time we complain in prayer**, things will surely improve. The Bible says that the Lord listens to us and frees us from our anguish. (*Psalms 34:17*)
- **We must speak with God without a complaining attitude**, but with an attitude of gratitude, let's give thanks for everything we have and even for what we hope to have or change.

b) Give thanks to god.

- **Learn to say thank you.** Because when we give thanks, we are activating our faith because we are declaring what is as if it were already.
- **An attitude of gratitude unleashes blessing and the supernatural power of God.** A grateful heart will always have open doors.

- **An ungrateful heart quenches the Spirit** (*1 Thessalonians 5: 16-19*). Being cheerful does not depend on whether we have or not, we are happy because in spite of the problems we are going to walk in victory.

CONCLUSION: *Complaints and concerns will not change the circumstances. If we invest the time that we complain in prayer, then God will change those circumstances. That is why today we renounce to complaint, the worry and let us pray and give thanks to God for everything we have and need. Begin today by praying where you will allow Christ to be the Lord of your life.*

SALVATION PRAYER: *Lord Jesus, I recognize that I have sinned and that you died for me. Today I repent and ask for forgiveness. I give you my life and my heart so that you may be my personal Lord and Savior, amen.*

INTERACTIVE QUESTIONS:

- What has worried you that has taken away your contentment?
- Your family and friends, what do they hear from you regularly? Words of complaint or thanks?
- How can you change the complaint for thanks?

PRACTICAL APPLICATION:

- Analyze the things you have been complaining about and ask God for forgiveness.
- Propose to come to God every morning in prayer, to bring your concerns to him and to thank him every day for your life and for all your blessings.
 - Strive every day to thank your family and friends for something.

MANTAINING A GRATEFUL ATTITUDE

“Don’t be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” (Philippians 4:6 NIV).

INTRODUCTION: *It’s not easy to maintain a grateful attitude, especially when we are going through difficulties, nevertheless, the Word of God affirms us and tells us not to*

worry, but to live a grateful life; for the past blessings, the present and the ones to come.

1. WHAT DOES IT MEAN TO BE GRATEFUL?

(1 Thessalonians 5:18)

- Being grateful is a virtue of character, which develops by recognizing that what we have and what we are comes from God. When we learn to depend totally on Him and give Him all the recognition that keeps us at peace in our hearts.
- To be grateful is to look at everything we have, all the blessings that God has given us, instead of complaining about what we do not have.
- Being grateful is being aware of what other people do for us. We have to focus on thanking people for the good they do. Instead of coming to the house to tell the children they did not do anything, thank them because at least they did wash the dishes.

2. WHY SHOULD WE BE GRATEFUL?

(Colossians 3:15)

- **Because God is good.** *(Ezra 3:11)* There are countless blessings present for which to thank God; For example:

for your family, for a financial miracle, a physical miracle, a house, a

car. There will always be something to thank God for.

- **Because God demands it.** *(Philippians 4:6)* It is his will that we give thanks at all times, even in difficult times. It is not necessary that we understand what is happening; It is necessary to be grateful. We must refuse the complaint; getting discouraged, on the contrary, we must give thanks because the answer is on the way.
- **To unleash future blessings.** There are certain blessings that do not reach us now in the present until we give thanks; These are the future blessings. Since before the answers to our prayers arrive, we have to give thanks.

3. WHAT DOES THANKSGIVING PRODUCE?

- **Being grateful extends God favor to us.** *(Psalms 5:12)* It means access, special treatment and special privileges. When we have the favor and grace of God, we are dressed in something that makes us irresistible to others. The favor can do what money cannot. Some doors will only open due to God’s favor on us.
- **Thanksgiving extends his mercy to us:** Mercy is when God does not give us what we deserve. How many times a week do we fail God? When we fail, we deserve to be

punished, but instead, God forgives us.

- ***Being grateful makes God trust us more.*** When we are grateful for the hundreds, God blesses us with thousands. When we are grateful for what we have, instead of complaining about what we do not have, God will unleash what we do not have.
- ***Giving thanks to God is the key for the Supernatural to be Unleashed*** (*John 6:11*) Jesus needed to feed the crowds with a few fish and some loaves of bread. He showed people that being grateful brings multiplication.

CONCLUSION:

Maintaining an attitude of gratitude like the one Jesus had, blesses us. Let us take advantage of this time to thank God and those around us for all we have received. Start today by thanking Jesus for giving his life for us and receiving him today as your Lord and Savior.

SALVATION PRAYER: Lord Jesus, I recognize that I have sinned and that you died for me. Today I repent, and I apologize. I give you my life and my heart so that you may be my personal Lord and Savior, amen.

INTERACTIVE QUESTIONS:

- How can we demonstrate to God and those who surround us that we are grateful for what they do for us?
- How can we maintain a grateful attitude in Good and Bad situations?
- Why is it important for us to maintain grateful?

PRACTICAL APPLICATION:

- Take a moment to think about all the things to thank God for today.
- Think about the person who was a blessing to your life and told you about Christ, or the person who received you at home when you arrived in this country.
- Give thanks to someone in the HOP and say how they've blessed you

HOW TO DEVELOP GENEROSITY?

—Then the angel said to her, “Do not be afraid, Mary, for you have found favor with God. 31 And behold, you will conceive in your womb and bring forth a Son, and shall call His name Jesus. 38 Then Mary said, “Behold the maidservant of the Lord! Let it be to me according to your word.” And the angel departed from her.....
(Luke 1:30, 31,38 NLT)

ILLUSTRATION: A multimillionaire woman regularly assisted church, even though it was mostly out of tradition rather than the desire to serve God. Each time she would hear about Heaven, she wasn't interested much since she had everything she desired here on earth. That's why, when the offerings would be picked up, she would only put in a couple dollars. She believed she didn't need of Heaven's rewards. Until, one day, she died and arrived to Heaven, and she saw that the mansions up there weren't very different from the mansion she lived in on earth. She thought, “at least I won't miss my home too much.” At that moment, an angel approached her and told her he would guide her to the place she would be living in for the rest of eternity. She accepted but with little interest. She began to follow the angel, but she grew frustrated when she saw that they were walking and walking but didn't arrive anywhere. Then, she saw two gorgeous mansions, and she asked the angel, “Which one is mine?” “None,” answered the angel. “Yours is the one that is behind these mansions.” There it was, a poor house made of wood, very old with old furniture and holes all around the house. Then the woman complained, “How come you're going to give me this house not like the others?” **The angel responded, “Because it's all we were able to build with what you sent us from earth.”**

INTRODUCTION:

We live in a world that does not know how to be generous. Avarice moves the world. People make decisions based on what will make them more money and not on their gifts or interests. Lack of generosity brings

crisis to the earth (deaths for a social security benefit, jail for a drug cartel, fired for stealing from the company). In the Bible passage we see that Mary and Joseph were generous and didn't disobey God's will. **How can we develop generosity in these times?**

1. WHAT IS GENEROSITY?

- Noble and affectionate disposition to bless others, giving freely and without hesitation.
- Generosity is understood as a value and quality in people. It doesn't only reference sharing or offering material blessings, but also being available to offer help.
- Generosity in relationships is often very appreciated and is considered a trait of goodness between people. Just like many others social values, it's related to empathy and the act of “putting oneself in other's shoes.”
- God himself is the generosity personified. (Phillipians 4:19) He fully satisfies all the needs of His creation according to His riches in glory. He is also generous in giving wisdom to those who ask for it. (James 1:5)

2. BEGIN WITH A LITTLE: (Phillipians 2:3-5)

- A husband can start being generous by not looking out for his own interests, rather seeking the wellbeing of his wife and children. A wife can start being generous with her words of affirmation

toward her husband and children. A worker can start by offering extra hours when there is a lot of work to be done.

- Begin with a little. When someone asks for help, don't deny them. Begin with a little. Give the waiter a tip, offer some words of gratitude to those around you, invite someone to go out and eat with you, etc.

3. GIVE SOMETHING THAT DOESN'T BRING YOU ANY BENEFIT.

- We are used to doing or giving something in return for something else. Time and energy for money, favors with self-interest, service for rewards, etc. But generosity is a value or personality trait that is characterized by helping others in an honest way, without expecting something in return.
- To start being generous, do something for someone that can't pay you back, that won't reward you; someone you don't know or that bothers you or that wasn't in your plans. (*Matthew 5:42-44*)
- Donate your time to those who don't know Christ. Help someone who is homeless, offer your seat on the bus, help someone you don't know, send a donation to the needy, etc.

4. TRY GOING TO THE NEXT LEVEL OF GENEROSITY (*1 Corinthians 16:1-2*)

- Our Lord Jesus is the prime example of generosity, who gave Himself and gave up His glory to make us rich and give us blessings. (*Phillipians 2:5-9*)
- To develop generosity: Offer someone help who needs it, guide them to the nearest bathroom, carry their bags, go to church or HOP with an attitude of service, offer your service as an usher, teacher, leader, host, or in another ministry, etc.

- Be faithful to God in your tithes and offerings even when you don't feel like giving. Be generous in what belongs to God. (*Malachi 3:8-10*). Why does God ask for tithes if He doesn't need them? It's for our own good and helps us mature to maintain our hearts healthy.

CONCLUSION: *Be generous, begin today with those around you. Be generous with your attitude, words, time, strengths, finances, etc. Be generous with God, your family, friends, neighbors, peers, and others you may not know. Be generous with God by giving your life to Christ.*

SALVATION PRAYER: *Lord Jesus, I recognize that I have sinned and that you died for me. Today I repent and ask for forgiveness. I give you my heart and my life so you can be my Lord and personal savior, amen.*

INTERACTIVE QUESTIONS:

- In what ways can you be generous with your family?
- In what ways has God been generous with you?
- In what ways can you be generous with God?

PRACTICAL APPLICATION:

- Be generous this week with someone you don't know.
- Think of someone you can bless whether it be with an offering or donating clothes, food, etc.
- Practice generosity in your home by honoring your wife, husband, children and giving them honor or bringing them a gift when they least expect it.



There is a place for you