

An Attitude of Gratitude

Lesson Text: Psalm 107:1-16

Introduction:

- A. Thanksgiving Day is one of the most special days of any year.
- B. It is the season of gratitude and thanksgiving. Gratitude is an attitude of the soul.
 - 1. To be genuine, gratitude must come from within.
 - 2. Those who experience this condition have fulfillment rather than the constant dissatisfaction of wanting more.
 - 3. This lifestyle is something that cannot be forced. It is voluntary . . . optional . . . and indicative of a person's true nature.
- C. Gratitude lifts life to a new level.
 - 1. Those who learn to appreciate kindness, blessings, and the things and health that they do have, soon come to experience a more positive lifestyle than others.
 - 2. Those who live positively enjoy life more than those who live negatively.
- D. God has preserved for us the words of the psalmist David, the sweet singer of Israel, whose writings about the proper attitude of gratitude continue to touch our hearts.
 - 1. Read **Psalm 100**
 - 2. Read **Psalm 103**
- E. David was not the only one who found a reason for praise. The passage selected for our lesson text, Psalm 107:1-16, was sung at the dedication of the Second temple in 516 B.C. by the exiles who had returned from Babylon. Note their spirit in returning from a time of deep distress to freedom and joy. Read **Psalm 107:1-16**
- F. Today, we will enjoy life more if we develop this same attitude of gratitude.

The Attitude of Gratitude Towards Those Around Us.

- A. We all have someone who has had a positive impact on our lives.
 - 1. it is easy to recall the bad things that have been said and done to us.
 - 2. It is far better to remember the good things that have been said and done to us. This creates a good feeling in our hearts.
- B. Every person we have ever met, or ever will meet, will make some type of contribution to our lives.
 - 1. Our friends will be an encouragement to us.
 - 2. Our critics will help make us better people.
- C. All of us live in one of four modes.
 - 1. Getting – always taking . . . always receiving from others.
 - 2. Giving – always doing something for others, never letting anyone help us.

3. Graciously giving when able, yet getting when needed.
4. Being alone – no love or fellowship with others.

D. What kind of attitude do you have toward those around you? Your answer will determine much of your pleasure or lack of joy in your life.

The Attitude of Gratitude Towards God

A. The psalmist tells us that God has something special for His people.

1. In verses 5-9 we read that God cares for our physical needs.
2. In verses 10 and 14 we read that God cares for our emotional needs.
3. In verse 14 we read that God comforts us in times of distress.
4. In verse 13 we read that God frees us from bondage.
5. In appreciation for God's blessings, the psalmist calls for thanksgiving . . . not as a national day of observance, but as a daily attitude in our hearts.

B. God has done many of the same things for all of us. Some of those things that we take for granted are great blessing that we would not want to lose.

Example: The five senses.

1. Touch
2. Taste
3. Smell
4. Hearing
5. Sight

C. How can we show our gratitude to God?

1. By expressing words of thanksgiving as the psalmist has done. **Psalm 107 1-2**
2. By acts of service toward God and others.
3. By simply living with an attitude of gratitude in our lives . . . everyday and in every place.

Conclusion:

A. When we realize all God has done for us, we will want to express our thanksgiving.

B. The Doxology (Praise God from Whom All Blessings Flow (#528 in our song books) "Praise God from Whom all blessings flow; Praise Him all creatures here below;

Praise Him above ye heavenly host; Praise Father, Son, and Holy Ghost!"

C. Thankful for:

1. Salvation
2. Hope of Heaven now.
3. The reality of Heaven after a while.
4. Cleansing in the blood of Christ

D. Thankful for God's plan of for our salvation and its availability to you today.

God's Plan for Man's Salvation