Gratitude — Open Eyes & Heart

Luke 12:32 ESV "Fear not, little flock, for it is your Father's good pleasure to give you the kingdom.

I. Royal Inheritance

Psalms 2:8 (NKJV) Ask of Me, and I will give *You* The nations *for* Your *inheritance*, And the ends of the earth *for* Your *possession*.

His Name His Kingdom His Will Earth like Heaven.

WITHIN us! It's in our MIDST, interior and relational. The potential is within redeemed humanity Luke 17:21

II. Accessing the Inheritance

A. Inheritance is ACCESSED by FAITH

- Heb 11:6 ESV And without faith it is impossible to please him, for whoever would draw near to God must believe that **he exists** and that **he rewards** those who seek him.
- 2 Cor 10:5 ESV We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, 6 being ready to punish every disobedience, when your obedience is complete.
- B. Giving Thanks is the Entry Point into the Kingdom of Heaven

Passport Control!

GRATITUDE IS AN EXPRESSION OF FAITH IN THE GOODNESS OF God

THE **ENTRANCE** TO THE INHERITANCE IS **GRATITUDE**THE **LIFESTYLE** OF THE KING IS **CELEBRATION**

4 #5 ENTER his gates with thanksgiving, (todah) and his courts with praise! (tehilla)

#6 GIVE THANKS to him;

#7 BLESS his name!

Gates — Entrance & Place of Government

Courts — Place of Royal Life, Culture, Community

For the **LORD** is **good**; (TOV) <u>God EXISTS and REWARDS</u> his **steadfast love** endures **forever**, (chesed olam) and his **faithfulness** to **all generations**. (emunah)

C. Gratitude or Entitlement — Renewing the Mind

Complaining is COMMON and contagious!

Rom 12:2 NIV Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. ...

Cup Half Full or Cup Half Empty

Choice — How do we spend our time thinking?

Focus — What do we see?

<<Louis Armstrong Video>>

Do we Compare? or Celebrate?

1 Cor 13:4 NIV Love is patient, love is kind. It **does not envy**, it does not boast, it is not proud. 5 It is not rude, it is **not self-seeking**, it is not easily angered, it keeps no record of wrongs.

Expect Nothing, Appreciate Everything!

Gratitude can have dramatic & lasting effects on a person's life. Lower blood pressure, improve immune function.

Gratitude has one of the strongest links to mental health and satisfaction with life of any personality trait—more so than even optimism, hope, or compassion. It gives us increased feelings of

energy, alertness, enthusiasm, and vigor & **success** in achieving personal goals. (PROSPERITY OF SOUL)

Beyond other benefits, it just feels better to be grateful than to be unhappy!

Live in appreciation of life's gifts

Those who are good to us

Not to take things for granted

Why do some of us have minds that are Velcro for bad information and Teflon for good?

Lack of SKILL

Identify Barriers & Practical Strategies to overcome them.

III. Taking Thought Patterns Captive:

Sir John Templeton wrote a Christmas Letter to his family in 1962: He encouraged them to think of the mind as a garden:

"If you exercise no control, it will become a weed patch and a source of shame and misery. If you exercise wise control, then it will be filled with God's miracles and become a place of indescribable beauty. You are free to choose which. How can you do it? Simply, for example, develop a habit of looking at each thought as you would a plant. If it is worthy, if it fits the plan you desire for your mind, cultivate it. If not, replace it. How do you get it out of your mind? Simply by putting in its place two or three thoughts of love or worship, for no mind can dwell on more than two or three thoughts at one time.

"Circumstances outside the garden of your mind do not shape you. You shape them. For example, if you expect treachery, allowing those thoughts to dwell in your mind, you will get it. If you fill your mind with thoughts of love, you will give love and get it. If you think little of God, He will be far from you. If you think often of God, the Holy Spirit will dwell more in you. The glory of the universe is open to every man. Some look and see. Some look and see not.

"Gardens are not made in a day. God gave you one lifetime for the job. Control of your garden or your mind grows with practice and study of the wisdom other minds have bequeathed to you. He who produces an item of unique beauty in his garden or his mind may have a duty to give that seed to others. As your body is the dwelling place of your mind, so is your mind the dwelling place of your soul. The mind you develop is your dwelling place for all your days on earth, and the soul you develop on earth may be the soul you are stuck with for eternity. God has given you the choice."

Focus on Problems Can Distract from Transformation It's a lot easier to get in a problem and ask God to come and fix it. Rather than tending the MIND.

Set your minds on things above. Why? That's where your LIFE is.

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Phil. 4:8 NIV Finally, brothers, whatever is true, (real, eternal) whatever is noble, (honorable, worthy of esteem) whatever is right, (just, keeping relationships) whatever is pure, (undefiled, worthy of Heaven) whatever is lovely, (lovable) whatever is admirable (kind, winsome, gracious) if anything is excellent or praiseworthy — think about<sup>1</sup> such things.
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- 4:6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
- Col 3:15 NIV Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

A. My Awareness of Love is Revealed in Gratitude

Thankfulness reveals **connectedness**, the essence of love.

¹ logizomai — count, calculate, reckon, weigh

Gratitude Intensity — how strongly we feel

Frequency — how often we feel (several times per day)

Span— the number of life circumstances for which a person feels grateful at a given time. (families, jobs, health, life itself)

Density — the number of persons to whom one feels grateful for a single positive outcome or life circumstance

The awareness of the GOODNESS and KINDNESS of God leads me to continual repentance.

B. What I Celebrate Reveals How Much Love Possesses Me

Subtle Disconnects from the goodness of our Father, who delights to give us the Kingdom, are ingrained in "normal" thought.

We think that if we **repent**, then we can experience the **goodness** of Actually it is the experience of the goodness of God that changes the way we think, live and see life (REPENTANCE)

Gratitude is the awareness of Goodness we've received!

The enemy works hard to blind our thoughts to this reality, so that we don't use it as a paradigm for living.

How we see life and others

Matt 6:33 ESV But **seek** first the kingdom of God and his righteousness, and all these things will be **added** to you.

We celebrate the one who **seeks**, but criticize the one to whom all things have been **added**.

1 Pet 5:6 ESV **Humble** yourselves, therefore, under the mighty hand of God so that **at the proper time** he may **exalt** you,.

We celebrate the one who **humbles** himself, but criticize the one **he exalts.**

This hurts our own future promotion!

If I can't celebrate the breakthrough of another, I can't be trusted with my own.

Do I believe "God is not mocked...?"

Gal 6:7 ESV Do not be deceived: God is not mocked, for **whatever** one sows, that will he also reap.

What is does this imply?

It is **mockery** to say that I can obey God and **not have a reward.**

... to think that I can **pursue** the Lord in obedience and faith and **not** have the full release of his resources, provision, and all that I need. ... to think that I could **do** something (good of bad) that God would **not** take notice of it.

I practice thankfulness not just for benefits I receive personally, but for those I see others receiving as well! This is FAITH!

This is a **lifestyle**, this is the invitation to every believer.

IV. Transformation Requires Encounter

Pray for each other for encounters that change the way we process life! Eyes of Gratitude.

To see the GOODNESS and the GIFTS of LIFE

Gratitude is an awareness of all that sustains us. Life itself, family, friendship, colleagues, teaching, learning, faith and the sanctuary it provides, angels - visible and invisible!

Gratitude gives rise to joy! **Every language** has **"Thank You!"**

Father, I pray you would set up the circumstances to bring us all into divine encounter that rearranges the way we think.

A daily inventory: Spending time in KINGDOM GRATITUDE

- 1. What has been given to me today from God, from another?
- 2. What have I given to God, another, the world?
- 3. What pain or trouble have I caused?

We live under the kingdom that we think most about. We live under the effects, the principles, the realities of the kingdom that our heart and mind is anchored in.

Ask "What am I facing that produces anxiety in me that Jesus already defeated on the Cross."

Take the biggest problem you face, and put it in front of the Lamb of God. Then put it under your feet.

Put every enemy under your feet.

You can imagine a person starving to death with a million \$\$ in the bank. Many believers are starving to death because they don't know what they have in Christ.

Shut down the busy-ness.