

Letting

Go...

of an

UNTHANKFUL HEART

“Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.”

—Psalm 100:4

“Always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.” (Ephesians 5:20) Really??? For Everything??? ...when life seems to be unraveling??? ...when I have crazy deadlines to meet??? ...when relationships fail??? ...when my life is a disaster??? ...when I feel insignificant???

Paul writes in Philippians 4:6 “...in every situation, by prayer and petition, with thanksgiving...” We need to make a habit of cultivating THANKSGIVING. Instead of losing hope when difficult circumstances surround us we need to stop... Pray with thanksgiving and believe that God will use THIS TIME for His good!!!

In Genesis we find the story of Joseph and the difficult circumstances that surrounded his life. (his brothers throwing him in a pit, being sold as a slave, falsely accused and put in prison...and then as we read Genesis 50:29 “...but God meant it for good.” We rejoice in the fact that God is in control of every part of our lives.

Our theme verse for this week is Psalm 100:4... The Message reads like this: “Enter with the password: ‘Thank you!’ Make yourselves at home, talking praise. Thank him. Worship him.” What if we thought of THANKFULNESS as a password! It’s like a secret ingredient that makes a huge difference!!!

We need to make it a point to see that we are commanded to GIVE THANKS IN EVERYTHING and realize that a heart of contentment and an attitude of gratitude is truly the Key to experiencing a JOY-FILLED walk of faith!!!

How do the following verses tell us to live our lives?

Psalm 109:30 _____

Psalm 147:7 _____

Psalm 35:28 _____

Colossians 2:6-7 _____

Colossians 3:15, 17 _____

Colossians 4:2 _____

Hebrews 12:28-29 _____

What are some of the reasons for giving thanks in the following verses?

Romans 7:25 _____

1 Corinthians 15:57 _____

2 Corinthians 2:14 _____

Philippians 1:3 _____

A huge key to being thankful is being CONTENT! What does Philippians 4:11-13 have to say about being content? _____

What are the three things Paul tells us to do in 1 Thessalonians 5:15-18?

1. _____

2. _____

3. _____

According to verse 18 what is the main reason we are to do these three things? _____

Look at 1 Thessalonians 5:19, what is the warning and how does it happen? _____

Romans 1:20-22 talks about people whose foolish hearts were darkened... What was the reason for this? _____

What's the admonition in Philippians 2:14-15? _____

Every time I read the Psalms I am amazed at the determination that David has to THANK God in ALL of his troubles. David knows that God is his deliverer...his rock...his refuge...his everything! He uses the phrase "I will" over and over again to will his heart into being obedient.

Write out the following "I will" verses from David's life.

Psalm 9:1-2 _____

Psalm 16:7 _____

Psalm 63:4 _____

Psalm 34:1 _____

Why do you think the words "I will" are important? _____

Take a few moments to write out some of your “I will” statements that you will choose to say and do to be obedient (i.e. I WILL choose joy).

Summarize the story in Luke 17:11-17 and what you learn from it. _____

Wrap up:

I must let go of an _____ and _____ with
_____.

Passage Index (NIV 1984 unless otherwise stated)

Psalm 109:30 (NLT) *“But I will give repeated thanks to the Lord, praising him to everyone.”*

Psalm 147:7 *“Sing to the LORD with grateful praise; make music to our God on the harp.”*

Psalm 35:28 *“My tongue will proclaim your righteousness, your praises all day long.”*

Colossians 2:6-7 *“So then, just as you received Christ Jesus as Lord, continue to live your lives in him, ⁷rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.”*

Colossians 3:15, 17 *“Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.¹⁷ And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.”*

Colossians 4:2 *“Devote yourselves to prayer, being watchful and thankful.”*

Hebrews 12:28-29 *“Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, ²⁹for our “God is a consuming fire.”*

Romans 7:25 *“Thanks be to God, who delivers me through Jesus Christ our Lord! So then, I myself in my mind am a slave to God’s law, but in my sinful nature a slave to the law of sin.”*

1 Corinthians 15:57 *“But thanks be to God! He gives us the victory through our Lord Jesus Christ.”*

2 Corinthians 2:14 *“¹⁴But thanks be to God, who always leads us as captives in Christ’s triumphal procession and uses us to spread the aroma of the knowledge of him everywhere.”*

Philippians 1:3 *“I thank my God every time I remember you.”*

Philippians 4:11-13 *“I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹²I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³I can do all this through him who gives me strength.”*

1 Thessalonians 5:15-18 *“Make sure that nobody pays back wrong for wrong, but always strive to do what is good for each other and for everyone else. ¹⁶Rejoice always, ¹⁷pray continually, ¹⁸give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”*

1 Thessalonians 5:19 *“Do not quench the Spirit.”*

Romans 1:20-22 *“For since the creation of the world God’s invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that people are without excuse. ²¹For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened. ²² Although they claimed to be wise, they became fools”*

Philippians 2:14-15 “Do everything without grumbling or arguing, ¹⁵ so that you may become blameless and pure, children of God without fault in a warped and crooked generation. Then you will shine among them like stars in the sky...”

Psalms 9:1-2 “I will give thanks to you, LORD, with all my heart; I will tell of all your wonderful deeds. ²I will be glad and rejoice in you; I will sing the praises of your name, O Most High.”

Psalms 16:7 “I will praise the LORD, who counsels me; even at night my heart instructs me.”

Psalms 63:4 “I will praise you as long as I live, and in your name I will lift up my hands.”

Psalms 34:1 “I will extol the LORD at all times; his praise will always be on my lips.”

Luke 17:11-17 “Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. ¹²As he was going into a village, ten men who had leprosy met him. They stood at a distance ¹³and called out in a loud voice, ‘Jesus, Master, have pity on us!’ ¹⁴When he saw them, he said, ‘Go, show yourselves to the priests.’ And as they went, they were cleansed. ¹⁵One of them, when he saw he was healed, came back, praising God in a loud voice. ¹⁶He threw himself at Jesus’ feet and thanked him—and he was a Samaritan. ¹⁷Jesus asked, ‘Were not all ten cleansed? Where are the other nine?’”