



Scriptures:

- Psalm 100
- Psalm 22:3
- Psalm 119:164
- 2 Chronicles 5:13-14
- Mark 8:6-9
- Philippians 4:6-7
- Colossians 4:2
- 1 Thessalonians 5:16-18
- Revelation 4:9-11
- Revelation 7:11-12
- Romans 1:21
- Colossians 2:7
- 1 Chronicles 16:4
- Psalm 9:1-3

Emotional benefits of gratitude (retrieved at www.psychology.com):

- Gratitude makes us happier
- Increase psychological well-being
- Gratitude enhances our positive emotions
- Gratitude increases our self-esteem
- Gratitude assists in building stronger relationships
- Having an attitude of thanksgiving can be productive, there is value thanksgiving

How do we experience the power of thanksgiving?

- Give glory and thanks to God
 - The Greek word doxa means glory (glorify) it was used in everyday speech to express the worth of a person. It expresses the importance the greatness, the honor, the splendor, the power, it refers to all these qualities in the highest degree it refers to the brightness of God's own personal and majestic presence.
- Praise and worship are our way to practice thanksgiving
- God inhabits the praises of His people
 - God's royal power and presence can be found in the midst of the praise (see Psalm 22:3)
- Practice thanksgiving as a lifestyle, David did this (see Psalm 119:164)
- Gratitude empowers a closer relationship with God
- Gratitude opens the door to the presence of God
- Gratitude opens the door to the power of God

Thanksgiving...

- Increases Heaven's atmosphere in every area of our lives (see 2 Chronicles 5:13-14)
- Releases/unlocks miracles of multiplication (see Mark 8:6-9)
- Is an essential component of prayer (see Philippians 4:6-7 & Colossians 4:2)
- Is the will of God for your life (see 1 Thessalonians 5:16-18)
- Is at the core of throne room worship (see Revelation 4:9-11 & Revelation 7:11-12)
- Is a sacrifice on the altars of our hearts (see Romans 1:21)

How do we cultivate thankfulness?

- Thankful hearts are rooted in faith (see Colossians 2:7)
- Thanksgiving helps maintain an atmosphere of God's presence (see 1 Chronicles 16:4)

No matter what you're facing this week, take time to celebrate God who gives us many reasons to be thankful. Go into battle in the Power of Thanksgiving! Psalm 9:1-3