

GRATITUDE DEFINES OUR ATTITUDE

PRECEPT

1 THESSALONIANS 5:18

¹⁸ Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

PSALM 103:1-5

¹ Bless and affectionately praise the Lord, O my soul, and all that is [deep] within me, bless His holy name. ² Bless and affectionately praise the Lord, O my soul, and do not forget any of His benefits; ³ Who forgives all your sins, Who heals all your diseases; ⁴ Who redeems your life from the pit, Who crowns you [lavishly] with lovingkindness and tender mercy; ⁵ Who satisfies your years with good things, so that your youth is renewed like the [soaring] eagle.

PROMISE

Our circumstances change from time to time. When our situation seems bad, a lot of times, it's all a matter of perspective. The Bible tells us to be thankful in all circumstances (1 Thessalonians 5:8). Our situation can bring out the best or worst in us. Paul tells us that we are to be thankful in, not for, everything. Even when we find our situation a challenging one, our attitude will determine our altitude. We will go above the horizon and rise above the situation if we remain grateful in all things. In Psalm 103, David encourages us and reminds us to be thankful and praise the Lord for a number of reasons. He also urges us to honour, revere, and thank the Lord affectionately. The following are the perks of following God:

PARDON. Psalm 103:3 tells us that God Himself is the one who forgives our sins and heals all our diseases. 1 John 1:9 backs this up saying, "*If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*" God pardoned our sins even when we don't deserve it.

EXTRICATION. Extrication is the act of removing something or someone from a difficult place or situation. Verse 3 tells us of God's promise to heal not only our physical diseases, but also emotional and spiritual illnesses.

REDEMPTION. Verse 4 shows us that God is the one who redeemed, rescued, ransomed, and saved us. He rescued us from the pit, which is the biblical term for eternal destruction. We now have hope, meaning, purpose, and direction in life all because of Him!

KINGDOM. Verse 4 also tells us how God crowns us with loving-kindness and tender mercy. Not only that He rescued us from eternal separation from God and saved our lives from destruction, He also lavished us with His love and gave us access to His presence eternally. He gave us royalty! John 1:12 says, "*But as many as received Him, to them He gave the right to become children of God, to those who believe in His name*" When we put our faith in Him, we become children of God. Our Father is no less than the creator of the universe.

SATISFACTION. Verse 5 talks about the true satisfaction that only comes from Him, which allows us to soar like an eagle. With renewed strength, vigour, and freedom, our years will be satisfied with good things. Romans 8:28 says, "*We know that in all things God works for the good of those who love Him, who have been called according to his purpose.*"

Let us follow the example of David when he instructs us to "*Bless the Lord, all His works, In all places of His dominion. Bless and affectionately praise the Lord, O my soul!*" (Psalm 103:22)

PRACTICE

1. Thankful For. What has God done in your life that you are most thankful for?

2. Attitude of Gratitude. Why is an "attitude of gratitude" so important? How has your faith increased your gratitude?

PRAYER

I. West Life Groups

- Pray for these couples as they lead the West groups: Solidum, Fabregas, and Gamboa.

II. South Life Groups

- Pray for these couples as they lead the South groups: Drapeza & Tablan.

III. East Life Groups

- Pray for these couples as they lead the East groups: Domingo & Torres.

IV. North Life Groups

- Pray for these couples as they lead the North groups: Ocampo & Ico.

V. Young Couples Life Groups

- Pray for these couples as they lead the Young Couples' groups: Imperial & Oliveros.

VI. Circles

- Pray for Manalo couple as they lead our youth and singles groups into the ways of Christ.

VII. Church

- May our time among God's people draw us into His holy presence.