

THE POWER OF GRATITUDE

PRECEPT

1 THESSALONIANS 5:18

¹⁸ Give thanks in everything for this is God's will for you in Christ Jesus.

PROMISE

A grateful heart is a powerful heart. A thankful heart doesn't ignore pain or problems; it simply chooses to see God's hand at work through them. The more we thank Him, the more we see His faithfulness revealed. Gratitude turns little into enough, burdens into blessings, and worry and waiting into worship. A grateful heart transforms how we see life. Gratitude doesn't deny reality; it finds God's goodness in the middle of it. It is not only thanking God for the good things that occur in our lives, but also the tears, loss, or uncertainty. Gratitude isn't based on circumstances; it's based on God's character. Even in hardship and problems, gratitude says, "Thank you, God, for your faithfulness."

ATTRACTS GOD'S PRESENCE. Psalm 100:4 says, "Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name." Thanksgiving is our response to God's act. Praise is our response to God's character. There are many things to be thankful for, and when we carry the heart of gratitude, we attract God's presence in our lives.

RELEASES GOD'S PRESENCE. Philippians 4:6-7 tells, "Don't worry about anything. With thankful hearts, offer up your prayers and requests to God. 7 Then, because you belong to Christ Jesus, God will bless you with peace that no one can completely understand." The more grateful we are, the more blessings we will receive, and the more blessings we experience. When you thank God in the middle of a problem, it changes your attitude — from fear to faith. When you thank God for what you already have — even when it feels small — you learn contentment, and God often surprises you with more. Gratitude strengthens relationships and multiplies joy; it keeps your heart soft and honours God because you are giving Him the glory for what you have. Gratitude is like good soil — the more you water it with thanksgiving, the more blessings grow.

ACTIVATES GOD'S POWER. John 11:41-44 notes, "So they took away the stone. Then Jesus looked up and said, "Father, I thank you that you have heard me. I knew that you always hear me, but I said this for the benefit of the people standing here, that they may believe that you sent me." When he had said this, Jesus called in a loud voice, "Lazarus, come out!" The dead man came out, his hands and feet wrapped with strips of linen, and a cloth around his face. Jesus said to them, "Take off the grave clothes and let him go." Be thankful in sickness, in financial lack, in uncertainty, and in waiting; continue to be thankful in worship.

PRACTICE

1. **Gratitude.** What happened this year for which you are grateful for?

2. **Life experiences.** What is a challenge you recently overcame or are still overcoming, but are grateful for happening? And how can we pray/encourage you regarding this?

PRAYER

I. Leaders

- May God grant them wisdom and discernment as they guide His people.

II. Circles

- Pray for the Manalo couple as they continue to lead our young pros & youth to God.

III. North Life Groups

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

IV. West Life Groups

- Pray for these couples as they lead the West groups: Oliveros, Fabregas & Padilla.

V. East Life Groups

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

VI. South Life Groups

- Pray for the Drapeza couple as they lead the South groups.

VII. World

- May the whole world come to know Christ, His transforming power.