

**A Thankful Heart**  
**Pastor Brandon McGee**

❖ **Obtaining Thankfulness**

- Obtain – to acquire or secure
- It takes between 20-200 days to form a habit, and on average 66 days for that habit to become automatic
- It's not about being an expert in thankfulness, it's about having a lifestyle of thankfulness
  - How can we obtain thankfulness? What can we do to create a habit/lifestyle of being thankful?

❖ **Why be Thankful?**

- James 1:16-17
- No variation or shadow; never changing (Hebrews 13:8)
- Father of lights
  - Father (Greek) – the generator, originator, and transmitter
  - Of Lights – to shine or make manifest, especially by rays – purity of truth and knowledge
    - Discuss a time when you were thankful for God's consistency. What other attributes of God are you thankful for?

❖ **The Power in our Thanks**

- Psalm 100:4-5; Psalm 22:3
- Focus on Thanksgiving – Focus on Jesus
- We see what we look for – Romans 8:5; Psalm 121:1-2
  - What would our days and holiday season be like if we entered the throne room before we entered social media, the news, work, or that family situation?

❖ **Praise when all is well and when all is not well**

- James 1:2-3; 1 Thessalonians 5:18; Psalm 139:7-10

❖ **Make gratitude part of your interactions with others**

- Ephesians 5:18-20; Hebrews 10:24-25; Romans 15:5
  - Discuss ways we can bring thankfulness into with other people. How might our relationships benefit from this?

❖ **Focusing on Thankfulness and Christ changes us**

- Isaiah 43:18-19; 2 Corinthians 5:17; Ezekiel 36:26