

Midweek Bible Study

On Gratitude and Giving Thanks

1. **Gratitude is an attitude of the heart and a disposition of the mind.
Giving thanks is an act that reflects our gratitude.**
 - A) Gratitude comes from a grace-shaped heart.

 - B) Giving thanks is both overflow and a discipline.
 - 1) Overflow
Gratitude/Thanksgiving is a part of the Christian's new nature

 - 2) A discipline
There are alternatives to giving thanks

2. **We cannot have genuine gratitude unless we have supreme gratitude for God's grace in Jesus Christ for the forgiveness of our sins and eternal life.**

A) Ingratitude is an inner attitude of thanklessness which manifests itself in complaining; it is an inward bad feeling of unwarranted discontent or disappointment.

Rom. 1:18-21

2 Tim. 3:1-4

John Piper, *We know that we have not rendered to God what we demand for ourselves from our neighbor. We know that the judicial sentiment in our heart which holds other people guilty for ingratitude, also bears vivid witness that God holds us guilty for our astonishing ingratitude to him.*

B) When God saves us in Christ Jesus, He shows us that we are owed nothing and that we deserve nothing but judgment. Then He gives us grace instead.

Rom 12:1-2; 14:7-8; 2 Cor. 5:14-15

G.K. Chesterton, "I would maintain that thanks are the highest form of thought, and that *gratitude is happiness doubled by wonder.*"

3. **Genuine gratitude is not void of genuine lamentation, sadness, and sorrow.**
Sorrow and lamentation are also a part of life. We do not ignore, under the guise of "give thanks for everything" the genuine pain of living in a fallen world.

Genuine gratitude and giving thanks in the midst of lament is not meant to cover the pain with platitudes, but it is meant to maintain perspective in the midst of the sorrow.

