



Pastor Shawn      LIFE in Jesus is founded on gratitude      October 13 2024

*"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."*  
John 10:10

Self-directed LIFE is full of; negativity, discontentment, and disappointment

*"Yet when I surveyed all that, my hands had done and what I had toiled to achieve, everything was meaningless, a chasing after the wind; nothing was gained under the sun."*  
Ecclesiastes 2:11

*"For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened."*  
Romans 1:21

**LIFE with Jesus begins and is experienced by GRATITUDE.**

God has given us the greatest blessing of life: HIMSELF

*"Jesus replied, 'I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty.'"*  
John 6:35

*"Two people owed money to a certain moneylender. One owed him five hundred denarii, and the other fifty. Neither of them had the money to pay him back, so he forgave the debts of both. Now which of them will love him more?" Simon replied, "I suppose the one who had the bigger debt forgiven." "You have judged correctly," Jesus said.*  
Luke 7:36-49

*"And as they went, they were cleansed of their leprosy. One of them, when he saw that he was healed, came back to Jesus, shouting, "Praise God!" "He fell to the ground at Jesus' feet, thanking him for what he had done. This man was a Samaritan. Jesus asked, "Didn't I heal ten men? Where are the other nine? Has no one returned to give glory to God except this foreigner?"*  
Luke 17:11-19

**What makes a follower of Jesus different, is not that we are uniquely blessed by the goodness of God, but rather that we GIVE THANKS for it.**

*"He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous."*  
Matthew 5:45

*"Gratitude is literally one of the few things that can measurably change people's lives."*  
Dr. Robert Emmons

*"... true godliness with contentment is itself great wealth. After all, we brought nothing with us when we came into the world, and we can't take anything with us when we leave it. So, if we have enough food and clothing, let us be content"*  
1 Timothy 6:6-8

Increase positivity in LIFE can be fostered by gratitude through; Mindful Reflection, keeping a gratitude journal (Listing Specifics), and expressing our gratitude in prayer & to others

*"I will praise the Lord at all times. I will constantly speak his praises. I will boast only in the Lord; let all who are discouraged take heart. Come, let us tell of the Lord's greatness; let us exalt his name together... Taste and see that the Lord is good."*  
Psalm 34:1-8