



How Thankful Are You?

Lesson 1

'Tis the season for Christmas music *and* being **THANKFUL!**

SELAH: *Do I live thankfully before the Lord **EVERY DAY** or just on a holiday?*

How Thankful Are You?

1. Every Day (Moment!) You Can Find Reasons to **COMPLAIN**.

Is Complaining Unavoidable?

➤ Complaining is **UNAVOIDABLE** due to our sin.

➤ Complaining is **AVOIDABLE** due to God's grace.

1. General reasons for thankfulness are seen *everywhere in creation* due to **COMMON** grace.

*Common grace is God's **MERCY/KINDNESS** shown to underserving sinners in this fallen creation.*

Matthew 5:44-45; Luke 6:35; Acts 14:16-17

2. Greater reasons for thankfulness are given *exclusively in Christ* due to **SAVING** grace.

*Saving grace is God's **SALVATION** given to underserving sinners to become new creations in Christ.*

Ephesians 2:8-10; 1:3-14

*At least **21x** Paul expresses thankfulness to God in his 13 letters to churches and individuals!*

2. The Heart of the Problem Is Always the **HEART**.

➤ The human heart is **HARDWIRED** for giving thanks to God and others.

Thanksgiving Is the Message of Creation!

Psalms 19:1-4; Romans 1:20

1. We are **HUMBLED** before God *because He is God and we're not.* *Psalm 8:3-4*

2. We are **DEPENDENT** on God *because He is the Giver and we are the receivers.* *Acts 17:25; Psalm 50:10-13*

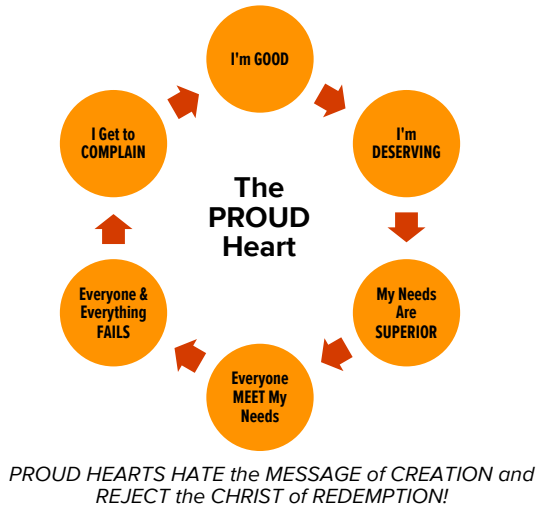
3. We are to be **THANKFUL** to God *because giving thanks is the number one response to the Creator.* *Psalm 50:14-15, 22-23*

"If I cannot add to his glory, then I must honor his glory. If there is an eternally powerful and infinitely marvelous God who made all that is, then there is only one righteous destiny for his creatures — to live for the praise of his glory...to join our Maker in his manifest purpose to make his power and glory known and loved among the nations. **How shall a mere creature honor the glory of his Maker? We all know the answer to that question: We honor his glory by cherishing it and being thankful.**" – John Piper

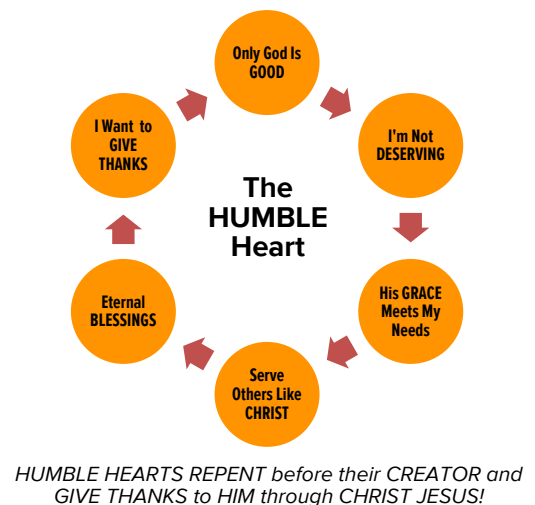
- The human heart **REBELS** against giving thanks to God before all others. *Romans 1:21-23*

3. The **EYES/THRONE** of Your Heart Determines Your Thankfulness.

- The proud are complainers who think they are **DESERVING**.



- The humble give thanks knowing they are **UNDERSERVING**



How Accurately Are You Viewing Yourself?

"Wretched man that I am! Who will set me free from the body of this death? Thanks be to God through Jesus Christ our Lord!"
Romans 7:24-25

ThanksLiving Assessment

How thankful am I? Use these 13 questions by Paul Tripp to reflect on whether you live a thankful life. Don't rush through them just to "check off" a religious activity. Be intentional before God, asking Him to search your heart. When we're honest with ourselves, with God, and with others, we'll discover that we're *more arrogant, demanding, and entitled* than we think.

Proud people don't say thanks. But don't be afraid of what God will reveal as you honestly answer these questions. God has already forgiven every repenter in Christ entirely on the Cross! When we cry out for help, He supplies abundant and life-transforming grace to deliver us from a lifestyle of complaining and invite us into a lifestyle of gratitude.

1. Would the people who live nearest to you *characterize you* as a complaining person or a thankful person?
2. When was the last time you sat down to *literally count* your blessings?
3. When was the last time you spent time grumbling, moaning and complaining about life?
4. When you look at your world, are you *pessimistic* about everything that's going wrong?
5. When you look at your world, do find yourself *celebrating* God's common grace?
6. Do you view yourself as one who has been *constantly short-changed* and *neglected*?
7. Do you view yourself as one who has been *unfairly showered* with blessings?
8. How often do you fill in the blank with *grumbling*, like "If only I had _____" or "I wish _____ was different"?
9. How often do you fill in the blank with *gratitude*, like "I can't believe God has given me _____"?
10. In your relationships, are you encouraging friends and family to *continue* their grumbling?
11. In your relationships, are you encouraging friends and family to *find reasons* to give thanks to God?
12. In your relationships, do you find yourself *frequently tearing* others down?
13. In your relationships, do you find yourself *frequently building* others up?