



1 Thessalonians 5:16-18 - “16 Always be joyful. 17 Never stop praying. 18 Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.” (NLT)

Psalms 92:1 - “It is good to give thanks to the Lord, to sing praises to the Most High.” (NLT)

“I DESERVE MORE” MENTALITY “

What is the normal cause for people to be ungrateful? People are usually UNGRATEFUL if they think that they are ENTITLED or they DESERVE MORE than what they have now in life. I call it “I DESERVE MORE” mentality. PRIDE and a GIVE-ME SPIRIT kills the attitude of gratitude. Always remember: “I DESERVE THIS!” My family owes me. My husband owes me. My wife owes me. My parents owe me. The government owes me.

Some of you here are blessed to have parents who can provide for you beyond what you need. But it doesn’t mean you deserve it. It doesn’t mean that it is your parents’ or your spouse’s or your church’s OBLIGATION to provide you ALL that you WANT. If a person is NOT GRATEFUL, he is a GREAT FOOL. A fool always DIES WITHIN because he keeps on murmuring, complaining, and fault-finding.

ATTITUDE OF GRATITUDE RESULTS TO ThanksLIVING EVEN WHEN...

YOU ONLY HAVE A LITTLE

Matthew 15:35-36 - “35 So Jesus told all the people to sit down on the ground. 36 Then he took the seven loaves and the fish, THANKED God for them, and broke them into pieces. He gave them to the disciples, who distributed the food to the crowd.” (NLT)

At that time, the need was greater than the supply. People are asking, “What are we going to do?” The need was immediate and there was NO SOLUTION. I believe the little boy who gave the seven loaves of bread and fish must have been taught to live with gratitude. An attitude of gratitude loves to SHARE. People who are GENEROUS have the attitude of gratitude. Most of them have experienced hardships so they do not want others to experienced what they went through. The boy said, “Jesus, take my lunch, You can have it and share it to others.” We know what happened. The 7 loaves of bread and fish fed 4,000 men not counting the wives and children. Keep in mind, LITTLE is MUCH if God is in it.

YOU ARE GOING THROUGH PAIN

Matthew 26:26-28 - “26 As they were eating, Jesus took some bread and blessed it. Then he broke it in pieces and gave it to the disciples, saying, “Take this and eat it, for this is my body.” 27 And he took a cup of wine and GAVE THANKS to God for it. He gave it to them and said, “Each of you drink from it, 28 for this is my blood, which confirms the covenant between God and his people. It is poured out as a sacrifice to forgive the sins of many.” (NLT)

Jesus knew the dark road that He’ll pass through in the next few days. Jesus knew the sacrifices that He has to make. Jesus knew that He will be betrayed by Judas and other disciples. But... Jesus is more than thanksgiving, He is ThanksLIVING. Thanksgiving has to have a REASON to give thanks. I thank God for my new shoes. I thank God for my job. I thank God for my health. However, ThanksLIVING does NOT NEED a REASON to give thanks. ThanksLIVING is only experienced by people who truly LOVES the Lord and who has FAITH in Him.

GOD’S WILL IS AGAINST YOUR WILL

Matthew 26:42 - “Then Jesus left them a second time and prayed, “My Father! If this cup cannot be taken away unless I drink it, your will be done.” (NLT).

In this verse, Jesus’ humanity is obvious. Though, He knew that He can save us with His sacrifices, there’s still a part in Him that doesn’t want to experience difficulties not only physically but also spiritually, which is to be away from His Father in heaven for the first time in His entire life. This is why on the cross Jesus said, “Father, Father, Why have You forsaken me?” In the Garden of Gethsemane, Jesus uttered, “Take this cup of wrath away from Me, but not My will but Your will be done.” Obedience is an evidence of a person’s gratefulness. On the other hand, disobedience is an evidence of a person’s ungratefulness.

Imagine the sacrifices of parents when you were an infant until now. Imagine the sleepless nights when you’re sick. Imagine the hard work that they have to do in order to provide for your needs and sometimes even wants. And then, sometimes they will just ask you to wash the dishes, or get some stuff in the room, or clean the room, you will immediately grumble and you have all the excuses.

UNGRATEFULNESS is also caused by SELFISHNESS.

It’s all about MY expectations. Even people who go to church have expectations. People who go to church are expecting God to answer all their prayer requests. “Lord, give me what I want.” No one goes to God and say, “I come to You Lord because I love You, I want you!”

The more we live the life of “I,” we will always be frustrated. Because people do not exist in this world to fulfill your expectations. Therefore, avoid the word “I” and you’ll learn to be grateful and thankful. When you are grateful and thankful, you’ll avoid the word “I.” Grateful people will think about others. Grateful people will serve others.



- 1.) What are the things that you are thankful to God for?
- 2.) Do you complain about what and do you do this often?
- 3.) How do you feel when you are thankful and when you are not?

PRAY FOR EACH OTHER IN YOUR GROUP