

## Thanksgiving: Developing a Lifestyle of Gratefulness

### 1. Replace sinfulness with thankfulness

<sup>3</sup>But fornication and all uncleanness or covetousness, let it not even be named among you, as is fitting for saints; <sup>4</sup>neither filthiness, nor foolish talking, nor coarse jesting, which are not fitting, but rather giving of thanks. <sup>5</sup>For this you know, that no fornicator, unclean person, nor covetous man, who is an idolater, has any inheritance in the kingdom of Christ and God.

<sup>6</sup>Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience.

<sup>7</sup>Therefore do not be partakers with them. (Eph 5:3-7)

### 2. View thankfulness as a spiritual discipline

<sup>15</sup>See then that you walk circumspectly, not as fools but as wise, <sup>16</sup>redeeming the time, because the days are evil. <sup>17</sup>Therefore do not be unwise, but understand what the will of the Lord *is*. <sup>18</sup>And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, <sup>19</sup>speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord, <sup>20</sup>giving thanks always for all things to God the Father in the name of our Lord Jesus Christ, <sup>21</sup>submitting to one another in the fear of God. (Eph 5:15-21)

### 3. Replace worry with prayer and thanksgiving

<sup>6</sup>Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; <sup>7</sup>and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. (Phil 4:6-7)

### 4. View thankfulness as an indicator of spiritual maturity

<sup>6</sup>As you therefore have received Christ Jesus the Lord, so walk in Him, <sup>7</sup>rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving. (Col 2:6-7)

### 5. View thankfulness as a continuous, overriding habit

<sup>17</sup>And *whatever* you do in word or deed, *do* all in the name of the Lord Jesus, giving thanks to God the Father through Him. (Col 3:17)

### 6. View thankfulness as a practice of warfare

<sup>2</sup>Continue earnestly in prayer, being vigilant in it with thanksgiving; (Col 4:2)

### 7. View thankfulness as a practice of obedience

<sup>16</sup>Rejoice always, <sup>17</sup>pray without ceasing, <sup>18</sup>in everything give thanks; for this is the will of God in Christ Jesus for you. (1 Thes 5:16-18)

### 8. View thankfulness as a sacrifice that God desires

<sup>15</sup>Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of *our* lips, giving thanks to His name. (Heb 13:15)