

# Together Again: Our Gratitude & Thankfulness & Zeal to “Come to Church”

**Definition** ... Thankfulness = the feeling of being happy or grateful because of something.  
Being aware and appreciative of a benefit



## Definitions

- Quality or condition of being thankful; the appreciation of an inclination to return kindness
- A felt sense of wonder, thankfulness and appreciation for life
- A cognitive-affective state, prototypically related to the perception that one has received a personal benefit that was neither earned nor deserved, but bestowed through the good intentions of some benevolent source

Gratitude = the feeling or quality of being thankful towards someone for something

The state of feeling appreciative

---

---

**Quote** ... Dennis Prager ...

- “Yes, there is a “secret to happiness”—and it is **gratitude**. All happy people are grateful, and ungrateful people cannot be happy. We tend to think that it is being unhappy that leads people to complain, but it is truer to say that it is complaining that leads to people becoming unhappy. Become grateful and you will become a much happier person.”
- 
- 

## **Insight**

What is the difference between being **grateful** and **thankful**?

**Grateful & thankful** are both positive feelings of **gratitude**. The big **difference between grateful vs thankful** is that **grateful** implies that you *need others* to be happy, while you can be **thankful** without **being** dependent on others or external occasions. Instead, you can always choose to be **thankful** if you choose to.

## 5 Scriptural Examples

### 1. Jesus Cleanses Ten Lepers

Luk 17:11 Now it happened as He went to Jerusalem that He passed through the midst of Samaria and Galilee.

Luk 17:12 Then as He entered a certain village, there met Him ten men who were lepers, who stood afar off.

Luk 17:13 And they lifted up *their* voices and said, "Jesus, Master, have mercy on us!"

Luk 17:14 So when He saw *them*, He said to them, "**Go, show yourselves to the priests.**" And so it was that as they went, **they were cleansed.**

Luk 17:15 And one of them, when he saw that he was healed, returned, and with a loud voice glorified God,

Luk 17:16 and fell down on *his* face at His feet, **giving Him thanks.** And he was a **Samaritan.**

Luk 17:17 So Jesus answered and said, "**Were there not ten cleansed? But where *are* the nine?**

Luk 17:18 **Were there not any found who returned to give glory to God except this foreigner?"**

Luk 17:19 And He said to him, "**Arise, go your way. Your faith has made you well.**"

### 2. The Nation having most to be Thankful for?

Deu 8:10 When you have **eaten and are full**, then you shall **ble**s**s the LORD** your God for the good land which He has given you.

Deu 8:11 "Beware that you do not forget the LORD your God by not keeping His commandments, His judgments, and His statutes which I command you today,

Deu 8:12 lest—*when* you have eaten and are full, and have built beautiful houses and dwell *in them*;

Deu 8:13 and *when* your herds and your flocks multiply, and your silver and your gold are multiplied, and all that you have is multiplied;

Deu 8:14 when your heart is lifted up, and you forget the LORD your God who brought you out of the land of Egypt, from the house of bondage;

Deu 8:15 who led you through that great and terrible wilderness, *in which were* fiery serpents and scorpions and thirsty land where there was no water; who brought water for you out of the flinty rock;

Deu 8:16 who fed you in the wilderness with manna, which your fathers did not know, that He might humble you and that He might test you, to do you good in the end—

Deu 8:17 then you say in your heart, 'My power and the might of my hand have gained me this wealth.'

Deu 8:18 "And you shall remember the LORD your God, for *it is* He who gives you power to get wealth, that He may establish His covenant which He swore to your fathers, as *it is* this day.

Deu 8:19 Then it shall be, if you by any means forget the LORD your God, and follow other gods, & serve them and worship them, I testify against you this day that you shall surely perish.

**Deu 8:20** As the nations which the LORD destroys before you, so you shall perish, because you would not be obedient to the voice of the LORD your God.

### 3. God Delivers Blessings... *Then* we deliver Thanks... (Not Always!)

1Th 5:18 give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1Pe 1:6 In this you greatly rejoice, though now for a little while, if need be, **you have been grieved by various trials**,

1Pe 1:7 the genuineness of your faith, *being* much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor, & glory at the revelation of Jesus Christ,

1Pe 1:8 whom having not seen **you love**. Though now you do not see *Him*, yet believing, you rejoice with joy inexpressible and full of glory,

1Pe 1:9 receiving the end of your faith—the salvation of *your* souls.

### 4. David's Prayer of Deliverance

2Sa 22:47 "The LORD lives! Blessed *be* my Rock! Let God be exalted, The Rock of my salvation!

2Sa 22:48 *It is* God who avenges me, And subdues the peoples under me;

2Sa 22:49 He delivers me from my enemies. You also lift me up above those who rise against me; You have delivered me from the violent man.

2Sa 22:50 Therefore I will give thanks to You, O LORD, among the Gentiles, And sing praises to Your name.

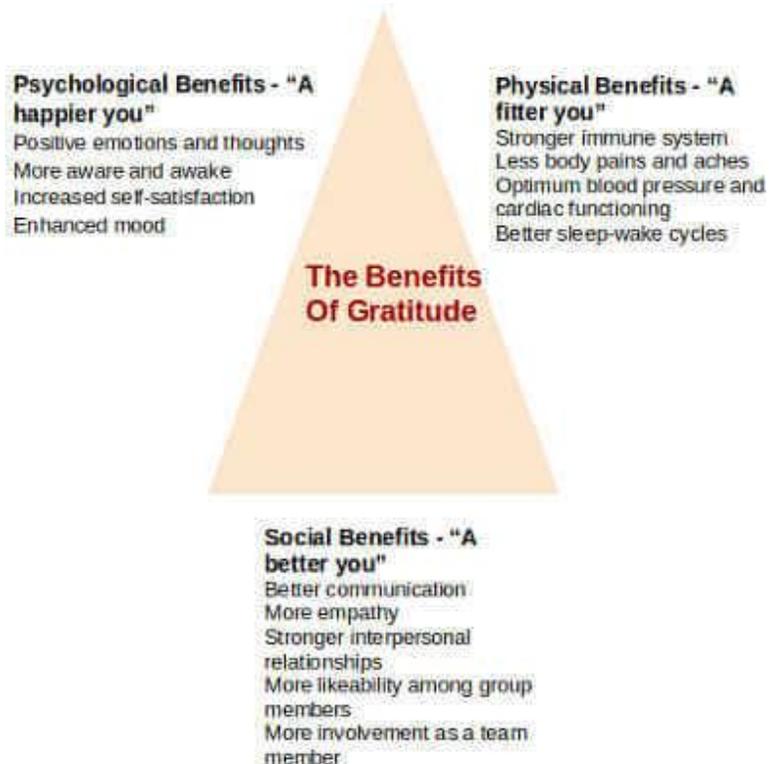
2Sa 22:51 "*He* is the tower of salvation to His king, And shows mercy to His anointed, To David and his descendants forevermore."

### 5. Jesus (our Example) of Thankfulness

Mat 11:25 At that time Jesus answered & said, "**I thank You, Father**, Lord of heaven & earth, that You have hidden these things from the wise & prudent & have revealed them to babes.

Mat 26:27 Then He took the cup, **and gave thanks**, and gave *it* to them, saying, "**Drink from it, all of you**."

Joh 11:41-42 Then they took away the stone from the place where the dead man was lying. & Jesus lifted up *His* eyes and said, "**Father, I thank You** that You have heard Me. 42 And I know that You always hear Me, but because of the people who are standing by I said *this*, that they may believe that You sent Me."



## **Surprising Benefits of Going to Church: 10 Reasons Why We Should Go**

1. ***Church Connects Us with God*** - We're making time for God and physically allowing him into our lives by attending a place of worship.
2. ***Church Gives Us a Chance to Reflect on Gratitude*** - to realize how blessed we are
3. ***Church Connects Us Socially*** - with extended family who love us
4. ***Church Helps Us Better Connect with our Spouse*** - couples who attend church together report higher levels of happiness and satisfaction within their marriage. Why is that? Church reconnects us to our shared beliefs. It reinforces the higher philosophy and purpose behind marriage and family and it allows us a safe space to connect with God and our spouse together.
5. ***Church Allows Us to Feel Reverence*** - Per our Cgi Canada Vision, Church is a safe place with music, prayer & teaching
6. ***Church Provides Plenty of Opportunities to Give Back*** - To brethren... & to the community via the Tim Horton's cards
7. ***Church Helps Us "Find the Lesson" in our Trials*** - so many times we are struggling in a particular area and found that the sermon or Word of Encouragement applied so directly to our situation that it felt like the pastor was talking directly to "just me". Church helps us "get it," whether we are ready for it or not.
8. ***Church Teaches Us Forgiveness*** - It can be hard to let go of disappointments, Forgiveness is one of the hardest lessons to learn.
9. ***Church Fills Our Hearts with Song*** - Listening to hymns and religious music can uplift us and give us messages we may not otherwise hear.
10. ***Church is Where We Find Deeper Meaning in our Lives*** - it's easy to lose sight of the greater plan and purpose that's out there for all of us.



## Hmmn ... 10 more reasons! Why we should come to Church

1. ***To Hear the Preaching of the Word*** - If the word of God is quick, powerful, and sharper than a sword (Hebrews 4:12) It is through the preaching of sound doctrine that the Word of God:

- Penetrates hearts and transforms lives
- Calls sinners to repentance
- Encourages the downtrodden
- Inspires the Lord's servants to love and serve Christ
- Lights the way God would have you go
- When facing certain death, the Apostle Paul revealed the importance of preaching with this final instruction to Timothy: "Preach the word; be urgent in season and out of season; reprove, rebuke, exhort with all longsuffering and doctrine" (2 Timothy 4:2).

2. ***To Participate in Corporate Worship*** - Worshiping God alone is wonderful. So is coming together as a Family

3. ***Because Iron Sharpens Iron*** - That is what Proverbs 27:17 tells us. When iron rubs against iron, not only does it become sharper, it also causes sparks! It's just part of the process.

4. ***To Exercise Your Gift*** - From preaching to encouraging, hospitality to administration, God equips His children with gifts to serve Christ. (See 1 Corinthians 12 and Romans 12:6).

5. ***To Encourage Your Pastor*** - The pastor's heart of the Apostle Paul comes through when he says, "I thank my God in all my remembrance of you, always in every prayer of mine for you all making my prayer with joy because of your partnership in the gospel from the first day until now... And it is right for me to feel this way about you all for I hold you in my heart" (Philippians 1:3-7).

6. ***To Find Godly Mentors*** - Their wisdom, insights, and even vulnerability to teach you from their mistakes is one way God provides to help you grow. Titus 2 is a great place to learn how much God values mentorship. It is His plan for the older men and women to come alongside of the younger to train them in godliness, and guide them toward building a life & ... God wants to ***use you*** to mentor someone else.

7. ***To Teach Your Kids to Love the Church*** - If you want to teach your kids to love God, they need to see that you love God. And if you want them to learn to love God's people, they have to observe you loving God's people. Luke 6:40 says the student will become like his teacher.

8. *To be a Light to Your Community* - Jesus said the world will know we are His disciples by our love for one another - Let our love be a light that shines brightly in a crooked and perverse generation.

9. *To Bear Each Other's Burdens* - Galatians 6:2 teaches us to bear each other's burdens to fulfill the law of Christ.

10. *Because God Says To* - Hebrews 10:25 "Not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching."

I don't think the writer of Hebrews could make any more clear God's desire to have us regularly assemble together as His people. Realize that God wanting you to regularly attend church is for your good. He wants you, and His people, to exhort one another especially as the days grow darker and the time of Christ's return approaches.

**BENEFITS of GRATITUDE**

- GRATITUDE** Improves WELL-BEING by **10%**  
Which is the same impact as doubling your income
- GRATITUDE** improves **RELATIONSHIPS**  
Gratitude makes you **FRIENDLIER**, more **SOCIAL** and more **HELPFUL** to others
- Improved Immune Function**  
GRATITUDE increases optimism, which studies show enhances the **CELL-MEDIATED** immune system - the way our body fights viruses and bacteria.
- GRATITUDE increases **Sleep QUALITY** and **Sleep DURATION**  
GRATITUDE decreases **Time to fall ASLEEP**
- Writing in a **Gratitude Journal** Can induce the **Relaxation Response**  
Resulting in improved mood, relaxed muscles, lower blood pressure and heart rate.
- People who practice GRATITUDE **EXERCISE** On average for **40 MINUTES** More per week
- GRATITUDE** Improves resiliency to **STRESS** And makes you more likely to offer support to others
- GRATITUDE IS HAPPINESS** Recognized after-the fact to be caused by the **KINDNESS of OTHERS**  
Robert Emmons, gratitude researcher