

The Heart of Gratitude

Pr. Israel - Nov, 02nd 2025

In the month of thanksgiving, we will talk about gratitude. This is the first message of a series to follow throughout November.

Key verse for the month:

Psalm 107:1 (NLT)

"Give thanks to the Lord, for he is good; his love endures forever."

1) Gratitude is a Choice, Not a Feeling

In the text above, "give thanks" is "YADAH", a Hebrew word that means "to throw" or "to cast".

Philippians 4:4-7 (NLT)

⁴Always be full of joy in the Lord. I say it again—rejoice! ⁵Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. ⁶Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

Gratitude is not a mood; it is our decision.

Job is a great example of a man of God who decided to be grateful.

Job 1:21

The Lord gave me what I had, and the Lord has taken it away. Praise the name of the Lord!"

2) Gratitude Shifts our Focus

From what we lack to what we have.

1 Thessalonians 5:18 (NLT)

Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

Eucharistia – thanksgiving, gratitude. This word comes from "eu" (good) and "charis" (grace). So literally it means "good grace" or "recognizing grace".

3) Connects us to God's Character

Psalm 34:8 (NLT)

"Taste and see that the Lord is good. Oh, the joys of those who take refuge in him!"

Nahum 1:7 (NLT)

"The Lord is good, a strong refuge when trouble comes. He is close to those who trust in him."

4) Gratitude is an Act of Worship

Hebrews 13:15 (NLT)

"Therefore, let us offer through Jesus a continual sacrifice of praise to God, proclaiming our allegiance to his name."

Takeaway

- 1) Gratitude is a choice not a feeling.
- 2) Gratitude shifts your focus from what you lack to what you have.
- 3) Gratitude connects you to God's character.
- 4) Gratitude is worship.

Start Talking: Spark Conversation

- 1) Share something you are grateful for today!
- 2) What would your prayer look like if you spent as much time thanking God as you do asking Him for things?
- 3) Did you practice any of the practical application shared during service? How was it?

Practical Application shared during service

Gratitude is a choice

- Every morning for 7 days, write down or think about three specific things you're grateful for—even small things.
- Don't wait to feel grateful. Just do it. Choose it.
- Notice how your perspective shifts as the week goes on.

Gratitude shifts our focus

- When you catch yourself complaining (and you will), pause and ask, "What's one good thing about this situation?"
- Share one thing you're grateful for with someone else each day.
- Notice how your conversations change when you lead with gratitude instead of complaints.

Connect us to God's character

- Spend time in prayer thanking God specifically for His character—His faithfulness, His love, His strength.
- When you face a challenge, pause and ask, "How is God's goodness showing up in this situation, even if I can't see it yet?"
- Share your story with someone about a time God's goodness surprised you.

Gratitude in an act of worship

- Spend one day focusing your prayers on thanksgiving instead of requests. Just thank God for who He is and what He's done.
- Before you ask God for anything, pause and thank Him for something He's already provided.
- Notice how your relationship with God shifts when gratitude becomes your primary language

Announcements:

Thanksgiving Gala Dinner – November 28th – 80 reais

<https://contribua.pibcuritiba.org.br/thanksgiving>