

“Romantic partners who express gratitude to their partners in casual conversations were more than three times less likely to break up”

Robert Emmons, Ph.D UC Davis <http://greatergood.berkeley.edu/pdfs/GratitudePDFs/7McCullough-GratefulDisposition.pdf>



Consequences when people won't acknowledge God or give Him thanks:

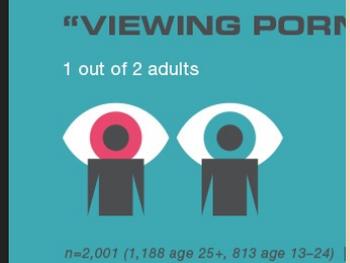
their **thinking** became futile vs. 21

their **hearts** were darkened vs. 21

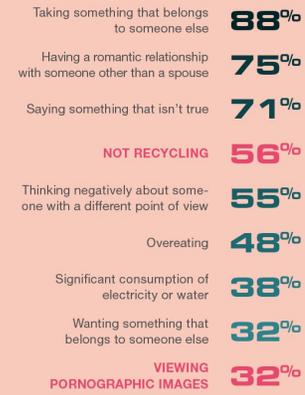
they exchanged the truth about God for a lie, and **worshipped** and served created things rather than the Creator vs. 25

Consequences when people won't acknowledge God or give Him thanks:

God gave them over in the sinful desires of their hearts to **impurity** vs. 24



TEENS AND YOUNG ADULTS RANK NOT RECYCLING AS MORE IMMORAL THAN VIEWING PORN



Consequences when people won't acknowledge God or give Him thanks:

“Just one in 10 teens and one in 20 young adults report talking with their friends about porn in a disapproving way.”

Consequences when people won't acknowledge God or give Him thanks:

God gave them over in the sinful desires of their hearts to **sexual impurity** vs. 24

they **invent** ways of doing evil vs. 30

they **disobey** their parents vs. 30

What makes it a challenge to be grateful?

#1 The majority of news reports are negative.



Daniel Nicastro



What makes it a challenge to be grateful?

#1 The majority of news reports are negative.

#2 Our free-market economy DEPENDS on you be dissatisfied.

#3 Our pride tells us that we deserve good things.

Tools to cultivate Godly gratitude.

#1 Begin and end every day by thanking God.



Tools to cultivate Godly gratitude.

#2 Learn to rejoice in all seasons of life.

*give thanks in all circumstances; for this is
God's will for you in Christ Jesus.*

-1 Thessalonians 5:18

Tools to cultivate Godly gratitude.

#2 Learn to rejoice in all seasons of life.

Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. -Romans 5:2-4

Tools to cultivate Godly gratitude.

#2 Learn to rejoice in all seasons of life.

Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, 4 and endurance produces character, and character produces hope -Romans 5:2-4

Tools to cultivate Godly gratitude.

#2 Learn to rejoice in all seasons of life.

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, ³ because you know that the testing of your faith produces perseverance. ⁴ Let perseverance finish its work so that you may be mature and complete, not lacking anything. -James 1:2-4

Gratitude & Public Faith

A gratitude for God's grace transforms us into people who embody His grace.

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

-Romans 5:8