



Gratitude

THANKSGIVING • MERCY COMMONS • 2022

PHILIPPIANS 4:10-19

¹⁰ I was very glad in the Lord because now at last you have shown concern for me again. (Of course you were always concerned but had no way to show it.) ¹¹ I'm not saying this because I need anything, for I have learned how to be content in any circumstance. ¹² I know the experience of being in need and of having more than enough; I have learned the secret to being content in any and every circumstance, whether full or hungry or whether having plenty or being poor.

PHILIPPIANS 4:10-19

¹³ I can endure all these things through the power of the one who gives me strength. ¹⁴ Still, you have done well to share my distress. ¹⁵ You Philippians know from the time of my first mission work in Macedonia how no church shared in supporting my ministry except you. ¹⁶ You sent contributions repeatedly to take care of my needs even while I was in Thessalonica. ¹⁷ I'm not hoping for a gift, but I am hoping for a profit that accumulates in your account.

PHILIPPIANS 4:10-19

¹⁸ I now have plenty and it is more than enough. I am full to overflowing because I received the gifts that you sent from Epaphroditus. Those gifts give off a fragrant aroma, an acceptable sacrifice that pleases God. ¹⁹ My God will meet your every need out of his riches in the glory that is found in Christ Jesus.

**1. He doesn't really
sound grateful?**

PHILIPPIANS 4:11&17

¹¹ I'm not saying this because I need anything, for I have **LEARNED** how to be content in any circumstance.

¹⁷ Not that I seek **OR HOPING FOR** the gift...

He wants them know that **HE IS NOT MANIPULATING** them. He's thankful for the **RIGHT THING**.
He is thankful **FOR THEM**.

**1A. He is more grateful for
their partnership than
their financial investment.**

PHILIPPIANS 4:14&15

14 Nevertheless you have done well that you shared in my distress.

15 You Philippians know from the time of my first mission work in Macedonia how no church shared in supporting my ministry except you.

**2. Discontentment
makes gratitude difficult.**

2A. Contentment gained through denial.

“I DON'T NEED ANYTHING.”

PHILIPPIANS 4:11

¹¹ I'm not saying this because I need anything, for I have learned how to be content in any circumstance.

“Begin with a cup or household utensil, if it breaks, say I don’t care. Go on to a horse or pet dog, if anything happens to it, say I don’t care. Go on to yourself and if you are hurt or injured in anyway say, I don’t care. If you go on long enough and if you try hard enough, you can come to a stage when you can watch your nearest and dearest suffer and die and say, I don’t care.”

~ EPICLETUS

2C. Contentment gained through indulgence.

“HAVING ALL I NEED.”

3. Gratitude and contentment is a learned posture.


PHILIPPIANS 4:12-13

¹² I know the experience of being in need and of having more than enough; I have learned the secret to being content in any and every circumstance, whether full or hungry or whether having plenty or being poor. ¹³ I can endure all these things through the power of the one who gives me strength.

“Practicing gratitude magnifies positive feelings more than it reduces negative feelings... If we have learned one thing from the science of gratitude is that there is no resilience without gratitude. It’s impossible. Gratitude is absolutely indispensable for growing an unshakable core of calm, strength, and happiness. Gratitude helps us recover from loss and trauma, gratitude widens the perceptual field and helps us see the big picture and the opportunities in it, and of course, it connects people together.”

~ **ROBERT SIMMONS**

THE GRATITUDE PROJECT: HOW THE SCIENCE OF THANKFULNESS CAN
REWIRE OUR BRAINS FOR RESILIENCE, OPTIMISM, AND THE GREATER GOOD



*“I can do all things
through Christ who
strengthens me.”*

Philippians 4:13

**3A. Gratitude is not
a spiritual gift.**

PHILIPPIANS 4:6-8

⁶ Don't be anxious about anything; rather, bring up all of your requests to God in your prayers and petitions, along with giving thanks. ⁷ Then the peace of God that exceeds all understanding will keep your hearts and minds safe in Christ Jesus. ⁸ From now on, brothers and sisters, if anything is excellent and if anything is admirable, focus your thoughts on these things: all that is true, all that is holy, all that is just, all that is pure, all that is lovely, and all that is worthy of praise.

4. Areas we can engage in gratitude...

Gratitude • Thanksgiving • Mercy Commons

4A. Am I grateful for my possessions?

Gratitude • Thanksgiving • Mercy Commons

“A net worth of \$93,170 USD is enough to make you richer than 90 percent of people around the world.”

If you have just \$4,210 to your name, you’re still richer than half of the world’s residents.

- Credit Suisse

4A. Am I grateful for my possessions?

4B. Am I grateful for the people in my life?

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4C. Am I grateful for my season/circumstance?

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4B. Am I grateful for the people in my life?

4C. Am I grateful for my season/circumstance?

4D. Am I grateful for the “detours”?

PHILIPPIANS 1:12-15

¹² Brothers and sisters, I want you to know that the things that have happened to me have actually advanced the gospel. ¹³ The whole Praetorian Guard and everyone else knows that I'm in prison for Christ. ¹⁴ Most of the brothers and sisters have had more confidence through the Lord to speak the word boldly and bravely because of my jail time. ¹⁵ Some certainly preach Christ with jealous and competitive motives, but others preach with good motives.

4A. Am I grateful for my possessions?

4B. Am I grateful for the people in my life?

4C. Am I grateful for my season/circumstance?

4D. Am I grateful for the “detours”?

4E. Am I grateful for my emotions?

LITURGY OF CORPORATE THANKSGIVING

GOD ETERNAL and righteous One,
Who created the heavens and the earth,
we give you thanks.

For breath that fills us with your life,
For love that softens our hearts,
For beauty revealed at every turn.

LITURGY OF CORPORATE THANKSGIVING

CHRIST redeeming and forgiving One,
Who is always faithful and merciful.

We give you thanks,

For renewal, transforming our lives,
For peace calming the chaos of our souls,
For hope restoring our faith.

LITURGY OF CORPORATE THANKSGIVING

SPIRIT sustaining, and compassionate One,
Who calls us into relationship with the living God,

We give you thanks,

For caring when our hearts are aching,

For friends supportive in times of need,

For generosity lavish and overflowing.

LITURGY OF CORPORATE THANKSGIVING

God who created the earth and the heavens,
Eternal, Redeeming and Sustaining One,

We give you thanks,

We come with hearts full of gratitude,

For all things good,

We give you thanks for You.