



## *How Can I be Thankful?*

*Presented by Pastor Daren L. Barron*

**Sermon Notes from November 23, 2008**

- **Pay attention to the people around you.**
  - You will find that everybody has something to worry or complain about, not just you. It's easy to focus on those who seem to have it all, but you never know what's going on inside. They might look happy, but they might be miserable as well. Don't look at others and think "I should have it like they do." Look at those who aren't as fortunate as you are and take note of how blessed you are. Count your blessings. If it helps, consider volunteering or start a friendship with someone who is not as fortunate and find small or gradual ways to help them.

### **1 Corinthians 10:13 (New Living Translation)**

13 The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

- **Practice acceptance.**
  - Stop dwelling on how things should be, what could've been, and what you don't have. Recognize what you do have--whether you like it or not, it's yours to keep or to change. Accepting your lot in life is not about resigning yourself to unhappiness. It's about not wasting time wishing for what you don't have. You could try writing a list of things you want, and things you have. Consider the thought that many less fortunate people will want some of the basic things that you have.
- **Become a problem solver.**
  - Use your lemons to make lemonade. Get in the habit of asking yourself how you can turn the negative into a positive. The most successful people in life, and those who have the most to be grateful for, are also those who've endured tremendous trials and managed to persevere and turn it all around.
  - Study the life of Joseph.



- **Learn to see hardship as a chance to develop character.**
  - Imagine yourself looking back ten years from now and recounting your difficult circumstances, and being proud of how you handled it and worked through it.
- **Develop a gratitude journal.**
  - It's pretty simple. At the end of every day, write down five things that have made you happy or appreciative that day; not necessarily big things, even small ones count.
  - For example: 1) nice weather, 2) being thanked by a customer at work, 3) watching your kids grow, 4) having people who love you, 5) a funny joke or a song you like.
- **Take joy in the small things.**
  - Blow bubbles. Walk the dog. Get lost in the park. Watch a funny movie and have a good laugh. Life's treasures are the small pleasures; give thanks for each small gift you receive!
- **Know that it is the will of God!**

**1 Thessalonians 5:18**

No matter what happens, always be **thankful**, for this is **God's will for you** who belong to Christ Jesus.

  - Those that love God want to know what His will is so they can obey it. Well, here it is: God's will is for us to be thankful! What does it mean to be thankful? To be consciously aware of the benefit that we have received in Christ.
- **Come to church!**

**Psalm 100:4 (New Living Translation)**

Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise his name.