

“An Attitude of Gratitude”

- I. Introduction: How to have an attitude of gratitude when we live in a very negative environment?
- II. Healing of the Attitude and Mind. Philippians 4:4-6
 - A. Verse 4 tells us to rejoice always. Gratitude is a decision of the mind.
 - B. Verse 5 is about moderation and staying focused on how one should live in the days before the 2nd coming of Jesus. We can't allow ourselves to get distracted with the addictions of the world since these will let us down and steal our gratitude.
 - C. Verse 6 addresses the problem of what to do when our world falls apart and we are overwhelmed with fears and problems. We are told not to worry but with thanksgiving share our problems with God through prayer.
- III. Maintaining an Attitude of Gratitude. Philippians 4:7&8
 - A. Verse 7 speaks of keeping our hearts and minds in peace.
 - B. Verse 8 instructs us where we should focus our thoughts. Do this, and see how an attitude of ingratitude will vanish, and be replaced by a positive grateful outlook.
- IV. The Christian's Mighty Weapon which Will Provide Victory over Ingratitude. 2 Corinthians 10:4-6
 - A. Verse 4 Our weapons are able to pull down strong holds of destructive thinking.
 - B. Verse 5 Destructive thoughts must be captured and brought in obedience to Jesus through prayer.
 - C. Verse 6 When we have learned to capture every destructive thought and bring it to Jesus, this obedience enables us to take revenge on every negative thought that Satan throws at us. This is not only good Christianity, it is also good mental health.