

# The Power of Thankfulness

*Philippians 1:3-8*

Introduction: Happiness is due to your circumstances, joy is due to your heart.

## I. The Same Circumstances have different results in people's hearts

*The same water that hardens the egg softens the potato*

A. Luke's Account of twelve men healed, only one had gratitude, Luke 17:11-19

B. Our reactions oftentimes vary  
Wealthier countries have higher stress, depression

## II. Why are Christians happy?

Gratitude, v. 3

I thank my God upon every remembrance of you

Joy, v. 4

always in every prayer of mine making request you all with joy,

Fellowship, v. 5

for your fellowship in the gospel from the first day until now

God's Plan, v. 6

being confident of this very thing, that He who has begun a good work in you will complete *it* until the day of Jesus Christ

God's Blessings, v. 7

just as it is right for me to think this of you all, because I have you in my heart, inasmuch as both in my chains and in the defense and confirmation of the gospel, you all are partakers with me of grace.

Relationships, v. 8

For God is my witness, how greatly I long for you all with the affection of Jesus Christ

## III. What Can I Do To Promote Thankfulness in my Heart?

### Be Realistic

We demand marriages free from conflict

Life free from disease and pain

No troubles

Eccl. 3:1 For everything there is a season, a time for everything under heaven...(v. 4) a time to grieve and a time to dance."

### Be thankful even for hard times

James 1:2 Consider it pure joy when trials come.

Joy isn't the opposite of trouble, it's a choice in spite of trouble.

### Be humble towards God

*"Look now; I myself am He! There is no other god but Me! I am the One who kills and gives life; I am the One who wounds and heals; no one can be rescued from My powerful hand!" Deuteronomy 32:39*

Example of Job, Peter rebuking Jesus

### Allow God to use you, even if that means he breaks you

*Isaiah 64:8 "And yet, O LORD, you are our Father. We are the clay, and you are the potter. We all are formed by your hand."*