

Help. Thanks. Wow. Amen.
Week 2 – Thanks – Sermon Notes
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1. Choose gratitude or experience exhaustion.

Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus. -1 Thessalonians 5:18

We don't have to chase these amazing moments to find happiness. If we are paying attention and practicing gratitude, happiness is right in front of us.

2. Eliminate envy or feel misery.

A peaceful heart leads to a healthy body; envy is like cancer in the bones.
-Proverbs 14:30

Don't envy sinners, but always continue to fear the Lord. -Proverbs 23:17

Let us not provoke one another or be jealous of one another. -Galatians 5:26

Your chief barrier to happiness in life is envy.

3. Stop criticizing or embrace loneliness.

Don't be abusive or overly critical. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.
-Ephesians 4:29

Do not judge others, and you will not be judged. For you will be treated as you treat others. The standard you use in judging is the standard by which you will be judged.
–Matthew 7:1-2

Any fool can be critical of others. And most fools do such things. It takes integrity and gratitude to be forgiving and understanding.

4. Speak and show appreciation or live under entitlement's curse.

Every time I think of you, I give thanks to my God. –Philippians 1:3

What separates blessing from entitlement is gratitude.

Successful people are grateful. Unsuccessful people are entitled.

Gratitude unlocks the wholeness of life. It turns what we have into enough and more.