

Christmas in July... Thanksgiving in June

Do not be anxious about anything, but in everything by prayer and petition with thanksgiving let your requests be made known to God. - Philippians 4:6

Psalm 9:1-2

I will give thanks to the Lord with my whole heart; I will recount all of your wonderful deeds.

I will be glad and exult in you; I will sing praise to your name, O Most High.

Psalm 9:3-4

When my enemies turn back, they stumble and perish before your presence.

For you have maintained my just cause; you have sat on the throne, giving righteous judgment.

Psalm 9:5-6

You have rebuked the nations; you have made the wicked perish; you have blotted out their name forever and ever.

The enemy came to an end in ruins; their cities you rooted out; the very memory of them has perished.

Psalm 9:7-8

But the Lord sits enthroned forever; he has established his throne for justice,

and he judges the world with righteousness; he judges the peoples with uprightness.

Psalm 9:9-10

The Lord is a stronghold for the oppressed,
a stronghold in times of trouble.

*And those who know your name put
their trust in you, for you, O Lord, have
not forsaken those who seek you.*

Psalm 9:11-12

Sing praises to the Lord, who is enthroned in Zion! Tell among the peoples his deeds!

For he who avenges blood is mindful of them; he does not forget the cry of the afflicted.

Psalm 9:13-14

Be gracious to me, O Lord! See my affliction from those who hate me, O you who lift me up from the gates of death,
that I may recount all your praises, that in the gates of the daughter of Zion I may rejoice in your salvation.

Christmas in July... Thanksgiving in June

- Gratitude is Cool Again
- Danger of “Negativity Bias”
- Irony: Self-Centered Gratitude

Ancient Gratitude Journal

1. Respond - “I will give thanks to the Lord with my whole heart;” - Ps 9:1a

- *Gratitude is Worship!
 - Our response to who God is and what He has done.
- Battle against Grumbling and Pride

Deuteronomy 8:17-18

Beware lest you say in your heart, 'My power and the might of my hand have gotten me this wealth.'

You shall remember the Lord your God, for it is he who gives you power to get wealth...

Romans 1:19, 25

Although they knew God, they did not honor him as God or give thanks to him, but they became futile in their thinking, their foolish hearts were darkened...they exchanged the truth about God for a lie and worshiped and served the creature rather than the Creator.

Luke 17:11-19

On the way to Jerusalem he was passing along between Samaria and Galilee. And as he entered a village, he was met by ten lepers, who stood at a distance and lifted up their voices, saying,

Luke 17:11-19

“Jesus, Master, have mercy on us.”

When he saw them he said to them,

“Go and show yourselves to the priests.” And as they went they were cleansed.

Luke 17:11-19

Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; and he fell on his face at Jesus' feet, giving him thanks. Now he was a Samaritan.

Luke 17:11-19

Then Jesus answered, “Were not ten cleansed? Where are the nine? Was no one found to return and give praise to God except this foreigner?” And he said to him, “Rise and go your way; your faith has made you well.”

Ancient Gratitude Journal

2. Recount - “I will recount all of your wonderful deeds.” - Ps. 9:1b

- Stop and Do the Math (Todd Fisher)
 - Psalm 107; 136
 - “Give thanks to the Lord, for he is good, for his steadfast love endures forever!”

Ancient Gratitude Journal

3. Rejoice (Display) - “I will be glad and exult in you;” - Ps. 9:2a

- Be Glad - Smile; Brighten
- Exult - Jump for joy
- 1 Timothy 4:1-5

1 Timothy 4:3-5

They forbid marriage and require abstinence from foods that God created to be received with thanksgiving by those who believe and know the truth. For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving, for it is made holy by the word of God and prayer.

Summer Gratitude Journal

4. Praise (Proclaim) - “I will sing praise to your name, O Most High.” - Ps. 9:2b

- Celebrate; Vocalize
- Strengthens relationships

Colossians 3:15-16

Let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.