

Doing a 180° - Turning around & getting life right

Week 2 – Giving Thanks Instead of Complaining

March 5, 2006

It's better to live alone in the desert than with a quarrelsome, complaining wife (or husband).
Proverbs chapter 21 verse 19 (496)

Do everything without complaining... *Philippians chapter 2 verse 14 (900)*

5 benefits I get from being thankful...

1. It teaches me to look for the good in my life

Our world today...

- about 80% are living without heat, running water & / or electricity
- about 70% lack basic education
- about 50% are currently malnourished
- about 50% are not allowed to worship freely
- If you have clothes on, food in your refrigerator, a roof over your head & spare change in your pocket, you are currently wealthier than about 85% of the world's population
- The typical American today is currently in the top 15% of the world's wealthiest people

It is good to give thanks to the Lord.... *Psalm 92 verse 1 (456)*

2. It makes me realize I am not self-made

- I had nothing to do with my being born...I owe my parents for that
- In my early years, I was absolutely dependant on others for life
- When my alarm clock went off this morning...my clock, bed & house are all there because someone else made them
- The warm shower & electricity that made my morning so much easier, are only possible because of others
- My coffee & breakfast was made / grown / processed by someone else
- My education is only possible because of the work & sacrifice of my parents & teachers
- I didn't pave the roads I drove on today, or make my car or build this church

All of you together are Christ's body, and each of you is a part of it .

1 Corinthians chapter 12 verse 27 (877)

(over)

3. It allows me to put God in his proper place

When I give thanks in spite of my pain, I acknowledge that I can't fully understand or control God & life

- ***I will cry to you for help when my heart is overwhelmed. Lead me to the towering rock of safety, for you are my safe refuge, a fortress where my enemies cannot reach me.***
Psalm 62 verses 2 & 3 (440)
- ***“My thoughts are nothing like your thoughts,” says the Lord. “And my ways are far beyond anything you could imagine. For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts.”***
Isaiah chapter 55 verses 8 & 9 (560)
- ***I know that you can do anything, God, and no one can stop you.***
Job chapter 42 verse 2 (414)

4. It keeps me from taking those around me for granted

- ***Let me say first that I thank my God through Jesus Christ for all of you....***
Romans chapter 1 verse 8 (857)
- ***I always thank my God for you....***
1 Corinthians chapter 1 verse 4 (870)
- ***I have not stopped thanking God for you....***
Ephesians chapter 1 verse 16 (895)
- ***Every time I think of you, I give thanks to my God.***
Philippians chapter 1 verse 3 (899)

5. It teaches me to keep my emotions & expectations in check

- ***Always be full of joy in the Lord. I say it again-rejoice! ...Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.***
Philippians chapter 4 verses 4 & 6 (901)
- ***A mob quickly formed against Paul and Silas, and the city officials ordered them stripped and beaten with wooden rods. They were severely beaten, and then they were thrown into prison. The jailer was ordered to make sure they didn't escape. So the jailer put them into the inner dungeon and clamped their feet in the stocks. Around midnight, Paul and Silas were praying and singing hymns to God....***
Acts chapter 16 verses 22 - 25 (845)

A Christian author wrote this, “*The secret of a happy life is not to get what you want but to live with what you've got. Most of us spend our lives concentrating on what we don't have instead of thanking God for what we do have. Then we wake up, our life is over, and we missed the beauty of the present.*”

Next Sunday: Living by faith instead of sight