



Cultivating a Thankful Heart

1 Thessalonians
5:16-18



Cultivating a Thankful Heart

1. Why talk about the heart? Why not just talk about attitude, or actually “giving thanks”?

Cultivating a Thankful Heart

The heart is the core of our being, the “control center” of our motivations, thoughts, desires, and emotions.

You shall love the LORD your God with all
your heart and with all your soul and with
all your might. And these words that I
command you today shall be on your heart.

Deuteronomy 6:5-6 ESV

For the word of God is living and active,
sharper than any two-edged sword,
piercing to the division of soul and of spirit,
of joints and of marrow, and discerning the
thoughts and intentions of the heart.

Hebrews 4:12 ESV

“You shall not hate your brother in your heart, but you shall reason frankly with your neighbor, lest you incur sin because of him.”

Leviticus 19:17

Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Proverbs 3:5-6 ESV

Keep your heart with all vigilance, for from it
flow the springs of life. **Proverbs 4:23 ESV**

Take care, brothers, lest there be in any of
you an evil, unbelieving heart, leading you
to fall away from the living God.

Hebrews 3:12 ESV

For where your treasure is, there your heart
will be also.

Matthew 6:21 ESV



Cultivating a Thankful Heart

2. “Why are people—including me—so ungrateful?”

“Why are people—including me—so ungrateful?”

1. Higher level of inconvenience, tension, and hostility in our lives in general.
2. Pressure we feel when we measure our resources vs. our responsibilities
3. We have unbiblical expectations that are too high, or go unmet.

“Why are people—including me—so ungrateful?”

4. “The elusive “thirst for more”...

5. The Social Comparison Trap-

6. We simply forget to give thanks, and that neglect becomes normal.



1 Thessalonians

- Probably the earliest of Paul's letters
- Written to Christians in Thessalonica
- Urged them to remain steadfast and continue growing in holiness, with the certain hope of Jesus' return

Rejoice always, pray without ceasing,
give thanks in all circumstances; for this is
the will of God in Christ Jesus for you.

1 Thessalonians 5:16–18 ESV

1. Rejoice always-

Rejoice- To be glad, to enjoy a state of happiness or well-being.

For what thanksgiving can we return to God for you, for all the joy that we feel for your sake before our God, as we pray most earnestly night and day that we may see you face to face and supply what is lacking in your faith?

1 Thessalonians 3:9–10 ESV

For what is our hope or joy or crown of boasting before our Lord Jesus at his coming? Is it not you? For you are our glory and joy.

1 Thessalonians 2:19–20 ESV

And you became imitators of us and of the Lord, for you received the word in much affliction, with the joy of the Holy Spirit, so that you became an example to all the believers in Macedonia and in Achaia.

1 Thessalonians 1:6-7 ESV

Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand;

Philippians 4:4–5 ESV

2. Pray without ceasing-

“Pray constantly”

- Am I focusing on the gifts, or am I focusing on the Giver?

praying at all times in the Spirit, with all
prayer and supplication. To that end,
keep alert with all perseverance,
making supplication for all the saints,

Ephesians 6:18 ESV

3. Give Thanks “in all”-

- “No matter what, give thanks”

The Christian is not to be “split minded”-

**Bad
Circumstances-**

Job loss

Illness

Trials

Disappointments

Habitual sins

Financial Pressure

Grief

Accidents

...

My attitude-

Positive & Happy

“Live Strong”

“Show no weakness”

**“Too Blessed to be
stressed”**

**“It all happens for a
reason”**

**“Gut it out, you are a
Christian after all...”**

The Christian is to have God's perspective:

Bad Circumstances-
Job loss
Illness
Trials
Disappointments
Habitual sins
Financial Pressures
Grief
Accidents
...

Yes- These things are really tough, in fact they stink!
But My Foundation is Stronger-

“I am a new creation in Christ”- 2 Corinthians 5:17

“Christ in you the hope of glory” Colossians 1:27

God is my refuge and strength- Psalm 46:1

I can cast my cares upon Jesus- 2 Peter 5:7

“I will never leave you nor forsake you”- Hebrews 13:5-6

“we live...as sorrowful, yet always rejoicing” 2 Corinthians 5:6

And because of him you are in Christ Jesus, who became to us wisdom from God, righteousness and sanctification and redemption, so that, as it is written, “Let the one who boasts, boast in the Lord.”

1 Corinthians 1:30-31 ESV