



Cultivating a Thankful Heart

1 Corinthians 1:28-31

Hebrews 12:1-3

“All We Have in Christ”

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

For the Lord himself will descend from heaven with a cry of command, with the voice of an archangel, and with the sound of the trumpet of God. And the dead in Christ will rise first.

Then we who are alive, who are left, will be caught up together with them in the clouds to meet the Lord in the air, and so we will always be with the Lord. Therefore encourage one another with these words.

1 Thessalonians 4:16–18 ESV

Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; he will surely do it.

1 Thessalonians 5:23–24 ESV

Cultivating a Thankful Heart

Two premises

1. The heart, in biblical usage, is what controls and directs our motivations, thoughts, and desires.

The heart is deceitful above all things, and desperately sick; who can understand it?

“I the LORD search the heart and test the mind, to give every man according to his ways, according to the fruit of his deeds.”

Jeremiah 17:9–10 ESV

And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh.

Ezekiel 36:26 ESV

Cultivating a Thankful Heart

Two Premises

1. Gratitude towards God is a virtue.
2. Ingratitude towards God is a sin.

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.” **Luke 17:17–19 ESV**

For although they knew God, they did not honor him as God or give thanks to him, but they became futile in their thinking, and their foolish hearts were darkened. **Romans 1:21 ESV**

Keep your heart with all vigilance,
for from it flow the springs of life.

Proverbs 4:23 ESV

Above all else, guard your heart,
for everything you do flows from it.

Proverbs 4:23 NIV

Guard Your Heart From:

Discouragement, Fear, Self-Pity

Complacency or Apathy

Pride, Arrogance, or the Need to control

Greed & Covetousness

Malice & Hatred

Bitterness or Resentment

Cultivating a Thankful Heart

Two premises-

1. The heart, in biblical usage, is what controls and directs our motivations, thoughts, and desires.
2. Ingratitude towards God is a sin.

Therefore- Cultivating gratitude to God is one way to guard your heart attitude.

1 Corinthians 1:28-31

Hebrews 12:1-3

The Big Idea:

We can endure difficulties—and build thankfulness—by focusing on all we have in Christ.

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

Hebrews 12:1-3 ESV

How is Jesus the “founder” of our faith?

so that no human being might boast in the presence of God. 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 1:29-31 ESV

How is Jesus the “founder” of our faith?

1. He is our righteousness.

For if, because of one man's trespass, death reigned through that one man, much more will those who receive the abundance of grace and the free gift of righteousness reign in life through the one man Jesus Christ.

Romans 5:17 ESV

How is Jesus the “founder” of our faith?

2. He is our redemption.

(The one who frees us)

In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, which he lavished upon us, in all wisdom and insight

Ephesians 1:7–8 ESV

How is Jesus the “perfecter” of our faith?

He is our sanctification.

For by a single offering he has perfected
for all time those who are being
sanctified.

Hebrews 10:14 ESV

How is Jesus the “perfecter” of our faith?

He is our sanctification.

- We have been made complete in Christ once for all time. (Ephesians 1:3)
- We are being conformed to the image of Christ throughout our earthly lives.

How is “Jesus the perfecter of our faith” real to each of us?

1. Jesus strengthens my faith, no matter how weak or small it seems. (Luke 22:32)
2. Every difficult circumstance is an opportunity to grow in faith by asking Jesus, “How can I express trust in you and live more like you in this situation?”
3. Jesus has good goals for your faith which you don’t know about yet. (Be encouraged!)

The Big Idea:

We can endure difficulties—and build thankfulness—by focusing on all we have in Christ.