

GRATEFULNESS

**as a response to the wise and
perfect providence of God for
our good**

IS HEALING

GRATEFULNESS IS HEALING

Research has shown that 90% of the natural mindset is repetitive, the same thing over and over again. And 80% of that repetitive thinking is negative. This negative mindset inevitably leads to depression. As the scriptures tell us: *'the mind set on the flesh is death.'* Rom 8:6a

We are to learn from our mistakes

When God created for world, all was good, nothing was out of place. The disposition and inclinations of man were in concert and harmony with God.

When Adam sinned, error become normal. Man's disposition and his inclinations were now opposed to God's will for holiness. The influence of satan meant good was now corrupted.

Because we are naturally rebellious towards God, we don't know naturally how to do all things correctly because we are blinded to the truth, but God gives us the opportunity to learn from our mistakes.

But the eternal plan of God means the results of sin don't have the last say. Because God uses the bad as a means of gaining the good.

'And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose. For those whom He foreknew, He also predestined to become conformed to the image of His Son.' Rom 8:28-29

Life on earth is as a result of mans sin always going to be full of troubles.

"Through many tribulations we must enter the kingdom of God." - Acts 14:22

Therefore, our God who is light, manages the darkness in the world in such a way as to fulfill His purpose of salvation and the good of His children.

As the Westminster Confession Chapter 3 tells us: *Section 1. God, from all eternity, did, by the most wise and holy counsel of His own will, freely and unchangeably ordain whatever comes to pass. Yet He ordered all things in such a way that He is not the author of sin, nor does He force His creatures to act against their wills; neither is the liberty or contingency of second causes taken away, but rather established.*

In His sovereignty, God allowed sin to enter creation because He had already determined to use it for the greater good of glory for Himself and His children.

In this process of salvation, God shows His justice and His mercy. Justice being obligatory because of His holiness, while mercy is not obligatory because of His grace and undeserved love.

In mercy He blesses some He has chosen by the application of the blood of the Son of God as their propitiation for sin, and in justice He passes over others who will not repent and are justly condemned.

Nothing is outside God's dominion, even unbelievers. *"The earth is the Lord's, and all it contains, The world, and those who dwell in it."* Psalm 24:1

Gratitude is the attitude God desires in the believer for their good

Because God is sovereign over all things, *'in everything give thanks; for this is the will of God for you in Christ Jesus.'* 1 Thess 5:18

In order to be able to give thanks for what we have from the hand of God, we have to accept we have received something worthwhile, from someone other than ourselves.

In the struggles of life, that someone has to be bigger than our circumstances. Because all mankind is not holy and faithful like God, everyone will cause pain and suffering for others at some time or other.

Therefore, in order for our gratitude to be effective, that someone can only be God. If we don't believe in God, we won't see any need to be thankful. We will remain under His judgment. If we believe in Jesus Christ as the Lord of all, we can still experience mixed emotions. *"As sorrowful yet always rejoicing."*

2 Cor 6:10

When we put our hope in the world and men, we are ungrateful towards God.

Therefore, while we mostly learn from our mistakes, the truth is, 80% of our natural way of thinking indicates we don't learn, and we are blind to the truth of God's blessings. And as a result, we lack gratitude and thankfulness most of the time. And much of the time will then be under the curse of depression.

But God says He has given His children all His blessings

"Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ, just as He chose

us in Him before the foundation of the world, that we would be holy and blameless before Him. In love He predestined us to adoption as sons through Jesus Christ to Himself, according to the kind intention of His will, to the praise of the glory of His grace, which He freely bestowed on us in the Beloved. In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace which He lavished on us. In all wisdom and insight, He made known to us the mystery of His will, according to His kind intention which He purposed in Him with a view to an administration suitable to the fullness of the times, that is, the summing up of all things in Christ, things in the heavens and things on the earth. In Him also we have obtained an inheritance, having been predestined according to His purpose who works all things after the counsel of His will, to the end that we who were the first to hope in Christ would be to the praise of His glory. In Him, you also, after listening to the message of truth, the gospel of your salvation—having also believed, you were sealed in Him with the Holy Spirit of promise, who is given as a pledge of our inheritance, with a view to the redemption of God’s own possession, to the praise of His glory."

Eph 1:3-14

No one can boast in themselves or others. *"For who regards you as superior? What do you have that you did not receive? And if you did receive it, why do you boast as if you had not received it?"*

1 Cor 4:7

Giving thanks to God for the many blessings He provides is the perfect antidote for a troubled mind. *'The mind set on the Spirit is life and peace.'* Rom 8:6b

Depression is optional, even for the natural man without God

Suffering is inevitable for everyone as we live in the world, but depression is largely optional for the people of God. We can either set our minds on the troubles of the world and lose sight of Christ, or we can fix our faith on the benefits that we receive from God our Father, who is always faithfully abiding in us by the Spirit. Therefore, our ability to persevere in trials is secured in us according to the power of the Spirit of God who dwells in us to uphold us with gratefulness in the world.

Research has also shown that having a regular attitude of gratitude is the ideal antidote for depression. And that the process of regularly writing down the things we are grateful for can fortify us from the things that put us under pressure. Writing down the blessings of God means keeping a record of the good God has blessed us with. This means we turn away from focusing on the

darkness around us, to fix the eyes of our hearts on the light we have from God the Holy Spirit who lives in us. This we can know as our daily journaling. Is our desire greater for light than darkness?

Research points to the value of gratitude

“When it comes to living life, gratitude is key. Without gratitude, there is no way to realise your full potential for feeling joy. Being sporadically grateful for this or that for a fleeting moment won't cut it either. If you're looking to maximize your experience, you need to deeply appreciate it on a regular basis. Achieving gratitude requires at least a bit of reflection, an opening up of your heart to feeling the moment, and an attitude of thankfulness. Gratitude as a general practice in approaching the vast majority of situations you encounter will have a profound effect on your daily experience.” Allison Kahner Psy.D. Therapy in Mind

We have much to be grateful for

‘Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, through whom we also have obtained our introduction by faith into this grace in which we stand; and we celebrate in hope of the glory of God. And not only this, but we also celebrate in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, hope; and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us. For while we were still helpless, at the right time Christ died for the ungodly. For one will hardly die for a righteous person; though perhaps for the good person someone would even dare to die. But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.’

Rom 5:1-8

Grateful for being Justified by faith,

Grateful for peace with God,

Grateful for His grace,

Grateful that we celebrate in hope of the glory of God,

Grateful that we can also celebrate in our tribulations,

Grateful that love of God has been poured out within our hearts through the Holy Spirit who was given to us.

Grateful that while we were still helpless, God demonstrates His own love toward us, in that while we were still sinners, Christ died for us. ’

We can be grateful we have received God the Holy Spirit

"Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body." 1 Cor 6:19-20

The work of God is always successful in producing a desired or intended result, and always results in His purpose being worked out according to His predetermined plan for the whole creation.

Jesus said: *"I am the vine, you are the branches; the one who remains in Me, and I in him bears much fruit."* John 15:5

The reason there will be results is that the Spirit of God enables the chosen children to keep His commandments.

"For what the Law could not do, weak as it was through the flesh, God did: sending His own Son in the likeness of sinful flesh and as an offering for sin, He condemned sin in the flesh, so that the requirement of the Law might be fulfilled in us who do not walk according to the flesh but according to the Spirit." Rom 8:3-4

This enabling of the Spirit enables the true believer to glorify God in our body.

"But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit who dwells in you." Rom 8:11

The possession of the Spirit, or more correctly, our possession of the Spirit who possess us, witnesses to the fact that God now owns us and we are His servants to obediently please Him in all we do.

We can be grateful we are God's possession to use as He wills

'In Him, you also, after listening to the message of truth, the gospel of your salvation—having also believed, you were sealed in Him with the Holy Spirit of the promise, who is a first instalment of our inheritance, in regard to the redemption of God's own possession, to the praise of His glory.' Eph 1:13-14

you are not your own? For you have been bought with a price: therefore glorify God in your body." 1 Cor 6:19-20

We are grateful that all we have is borrowed from God to be used for Him. All we have is to equip us for our service to God. Health, home, money, skills. *"Whether therefore you eat, or drink, or whatsoever you do, do all to the glory of God."* 1 Cor 10:31

We can be grateful we can serve the Lord with wholeheartedness

"Whatever you do, do your work heartily, as for the Lord rather than for men, knowing that from the Lord you will receive the reward of the inheritance. It is the Lord Christ whom you serve." Col 3:23-24

We can be grateful we have received the divine nature

'His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire.' 2 Pet 1:3-4

We can be grateful Jesus Christ has made us humble in His image

"Have this attitude in yourselves which was also in Christ Jesus, who, although He existed in the form of God, did not regard equality with God a thing to be grasped, but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men. Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross.' Phil 2:5-8

Ingratitude is self-serving and treason

The moment we start to think that we are our own, that what we have and who we are is for us to decide what we will do, is the moment we have begun to be robbers of God. It is the time we have declared our independence from God. It is the moment we have begun to oppose Jesus Christ.

"He who is not with Me is against Me; and he who does not gather with Me scatters." Matt 12:30

We can be grateful we are saved forever

All those who are in Christ Jesus are enslaved into His service and therefore are kept under His authority and protection until the Day of the Lord.

“For I am confident of this very thing, that He who began a good work among you will complete it by the day of Christ Jesus.”

Phil 1:6

We can be grateful that faith is rewarded

“His master said to him, ‘Well done, good and faithful slave. You were faithful with a few things, I will put you in charge of many things; enter into the joy of your master.’”

Matt 25:23

We can be grateful for all He has done in our fleshly weakness

“For what the Law could not do, weak as it was through the flesh, God did: sending His own Son in the likeness of sinful flesh and as an offering for sin, He condemned sin in the flesh, so that the requirement of the Law might be fulfilled in us, who do not walk according to the flesh but according to the Spirit. For those who are according to the flesh set their minds on the things of the flesh, but those who are according to the Spirit, the things of the Spirit.”

Rom 8:3-5

We can be grateful for being saved from the power of sin

“Through Jesus Christ the law of the Spirit of life set me free from the law of sin and death.”

Rom 8:2

We can be grateful for being reborn in the image of Christ

“For those whom He foreknew, He also predestined to become conformed to the image of His Son.”

Rom 8:29

We can be grateful for being secured by the indwelling Spirit of God

“Do you not know that you are a temple of God and that the Spirit of God dwells in you?”

1 Cor 3:16

We can be grateful to be included in fellowship with God

“So that you too may have fellowship with us; and indeed our fellowship is with the Father, and with His Son Jesus Christ.”

1 John 1:3

We can be grateful to be enabled by the Spirit to please God

“the mind set on the flesh is hostile toward God; for it does not subject itself to the law of God, for it is not even able to do so, and those who are in the flesh cannot please God. However, you are not in the flesh but in

the Spirit, if indeed the Spirit of God dwells in you. But if anyone does not have the Spirit of Christ, he does not belong to Him.” Rom 8:7-9

We can be grateful to be included in the work for God

“For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.” Eph 2:10

‘Now there are varieties of gifts, but the same Spirit. And there are varieties of ministries, and the same Lord. (1 Cor 12:4-5) But one and the same Spirit works all these things, distributing to each one individually just as He will.’

1 Cor 12:11

We can be grateful to have a heart of worship

Serve the LORD with gladness! Come into his presence with singing!

Psalm 100:2

We can be grateful for the very breath we take and the food we eat that give life to otherwise dead bodies.

When we are grateful to God for what He has done and is doing, and we tell Him in our prayers and daily meditations, our minds are transformed to reflect His holiness and glory.

When we are grateful, we will give enthusiastic testimony to the grace of God in Christ Jesus.

When we are grateful to God for our many blessings, we will fix our minds on the things of the Spirit and the hope of heaven that is ours to come.

"Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. Set your mind on the things above, not on the things that are on earth. For you have died and your life is hidden with Christ in God. When Christ, who is our life, is revealed, then you also will be revealed with Him in glory."

Col 3:1-4

God's gratefulness implanted in us by the Spirit is looking for expression through us as the fruit of the Spirit of God, reflecting His love in our lives in an ongoing attitude of spiritual worship. This is because we can love only because God has first loved us.

God's gratefulness working in us results in changing our behaviour. It means we will love to serve God with gratefulness. We will love our neighbours as

ourselves, because we recognise, they also belong under the sovereignty of Jesus, He made them in His image, even if they don't believe in Him.

Gratitude sings a new song of hope and contentment

When upon life's billows you are tempest-tossed,
When you are discouraged, thinking all is lost,
Count your many blessings, name them one by one,
And it will surprise you what the Lord has done.

Refrain:

Count your blessings, name them one by one,
Count your blessings, see what God has done!
Count your blessings, name them one by one,
And it will surprise you what the Lord has done.
Are you ever burdened with a load of care?
Does the cross seem heavy you are called to bear?
Count your many blessings, every doubt will fly,
And you will keep singing as the days go by.
When you look at others with their lands and gold,
Think that Christ has promised you His wealth untold;
Count your many blessings—wealth can never buy,
Your reward in heaven, nor your home on high.
So, amid the conflict whether great or small,
Do not be discouraged, God is over all;
Count your many blessings, angels will attend,
Help and comfort give you to your journey's end.
—Count Your Blessings (pd) 1897 by Johnson Oatman, Jr

God gives us Psalms of Gratitude and Thanksgiving to help us glorify Him

Even as we '*walk through the valley of the shadow of death.*' Psalm 23:4

Psalms 44:8 *In God we have boasted all day long, and we will give thanks to Your name forever. Selah*

Psalms 34:1-3 *I will bless the LORD at all times; His praise shall continually be in my mouth. My soul will make its boast in the LORD; The humble will hear it and rejoice. Exalt the LORD with me, and let's exalt His name together.*

Psalm 95:1-2 *Come, let's sing for joy to the LORD, Let's shout joyfully to the rock of our salvation. Let's come before His presence with a song of thanksgiving, Let's shout joyfully to Him in songs with instruments.*

Psalm 111:1-2 *Praise the LORD! I will give thanks to the LORD with all my heart, In the company of the upright and in the assembly. Great are the works of the LORD; They are studied by all who delight in them.*

Psalm 92:1 *It is good to give thanks to the LORD And to sing praises to Your name, Most High;*

Psalms 28:7 *The LORD is my strength and my shield; My heart trusts in Him, and I am helped; Therefore my heart triumphs, And with my song I shall thank Him.*

Psalm 106:1 *Praise the LORD! Oh give thanks to the LORD, for He is good; For His mercy is everlasting.*

Psalms 100:4-5 *Enter His gates with thanksgiving, And His courtyards with praise. Give thanks to Him, bless His name. For the LORD is good; His mercy is everlasting And His faithfulness is to all generations.*

Psalms 7:17 *I will give thanks to the LORD according to His righteousness and will sing praise to the name of the LORD Most High.*

Psalm 118:19 *Open the gates of righteousness to me; I will enter through them, I will give thanks to the LORD.*

In times of trials and tribulations we are to be grateful to our God

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Phil 4:6

Worship is actually the gratitude that brings healing

Psalm 100:1-3 *Shout joyfully to the LORD, all the earth. Serve the LORD with jubilation; Come before Him with rejoicing. Know that the LORD Himself is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture.* Showing gratitude to God is the correct response to His revealed glory, and our benefit and wellbeing. Gratefulness is enjoying and glorifying God. This is healing because this is what we are made for.

Living Water Resources

Come to the River

He predestined us to adoption as sons through Jesus Christ to Himself, according to the kind intention of His will,

to the praise of the glory of His grace,

which He freely bestowed on us in the Beloved.

Also, we have obtained an inheritance, having been predestined according to His purpose who works all things after the counsel of His will, to the end that we who were the first to hope in Christ would be

to the praise of His glory.

In Him, you also, after listening to the message of truth, the gospel of your salvation, having also believed, you were sealed in Him with the Holy Spirit of promise, who is given as a pledge of our inheritance, with a view to the redemption of God's own possession,

to the praise of His glory.

Eph 1:5-6,11-14

Contents compiled by

Robert C May

Copyright © 2021

cometotheriver@optusnet.com.au

www.cometothestream.com