

Gratitude as Worship

November 24, 2024

86,400 seconds in a day.

What if gratitude isn't just a response to good times, but a way to worship in every moment?

"¹⁶Rejoice always, ¹⁷pray constantly, ¹⁸give thanks in everything; for this is God's will for you in Christ Jesus." 1 Thessalonians 5:16-18 (CSB)

Gratitude doesn't change what's around you; it changes what's within you.

Gratitude isn't just something we express—it's an act of worship that draws us closer to God.

Principle 1: Gratitude Is a Posture of Praise

"Rejoice always ..." 1 Thessalonians 5:16 (CSB)

- **Worship flows from a joyful heart, and gratitude is the engine that fuels joy.**
- *"Enter His gates with thanksgiving and His courts with praise."* Psalms 100:4 (CSB)

Gratitude shifts our focus from the gift to the Giver.

Principle 2: Gratitude Is a Language of Prayer

"... pray constantly ..." 1 Thessalonians 5:17 (CSB)

Every prayer is an opportunity to worship through thanksgiving.

- **Gratitude is the gateway to God's peace.**
- **When you turn your worries into prayers, your gratitude will grow.**

Principle 3: Gratitude Is a Choice in Every Circumstance

"... give thanks in everything; for this is God's will for you in Christ Jesus." 1 Thessalonians 5:18 (CSB)

- **Gratitude isn't seasonal or situational; it's intentional.**
- **Worship happens when we thank Him not just after the breakthrough but during the battle.**

"²⁵About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them. ²⁶Suddenly there was such a violent earthquake that the foundations of the jail were shaken, and immediately all the doors were opened, and everyone's chains came loose." Acts 16:25-26 (CSB)

Principle 4: Gratitude Turns Blessings into Testimonies

“¹⁵But one of them, seeing that he was healed, returned and, with a loud voice, gave glory to God. ¹⁶He fell facedown at His feet, thanking Him. And he was a Samaritan. ¹⁷Then Jesus said, ‘Were not ten cleansed? Where are the nine? ¹⁸Didn’t any return to give glory to God except this foreigner?’ ¹⁹And He told him, ‘Get up and go on your way. Your faith has saved you.’” Luke 17:15-19 (CSB)

- **“Whatever you don’t turn into praise turns into pride.” - Mark Batterson**
- **Gratitude begins where entitlement ends.**

When we give thanks out loud, we echo the worship of heaven.

Gratitude isn’t reactive, it’s proactive.

1. **Start a Gratitude Journal:** Every morning or night, write down three things you’re thankful for.
2. **Flip Complaints into Praise:** When tempted to grumble, find a reason to thank God instead.
3. **Share the Gratitude:** Tell one person this week how they’ve impacted your life and thank them.

Gratitude isn’t just a response to blessings—it’s the rhythm of a worshipful life.