

OVERCOMING HEART PROBLEMS

Based on a study by Wendell Winkler

Lesson 3 - Overcoming Ingratitude

Intro: We are to abound in T_____ (Col.2:7). We are to give thanks in all C_____ (1 Thess.5:18). We are to have thankful hearts just as J_____ did, (Matt.11:25-27), as D_____ did (1 Chron.16:8,24), and as A_____ had (Luke 2:36-38). Today we look at how to develop an "attitude of gratitude)!

1. REMEMBER TO NEVER FORGET!

- (Psa.103:2) Forget not all His B_____!
- (Luke 17:11-19) Don't be like the 9 L_____.
- Blessed are those who can give without R_____ and those who can receive without F_____. *Elizabeth Bibesco*
- How did the men of Jabesh-gilead show their gratitude toward Saul? (1 Sam.11:1-15, 31:1-13)

2. DO NOT MAJOR ON YOUR MINORS (TROUBLES)! Also; DON'T MINOR IN YOUR MAJORS!

- Count your blessings not your B_____!
- (James 1:2-3) Count it all joy when you meet _____.
- (Ro. 8:28) All things work together _____.

3. REMEMBER HOW BETTER OFF YOU ARE THAN SO MANY!

- The average income of those in Afghanistan is \$44/mo & the USA is \$5,488/mo.
- Count your blessings name them _____. We need to try and count our spiritual blessings and then try to count our physical blessings. (Eph.1:3) We will come to see that these blessings are innumerable!
- Count the blessings you do have rather than the ones you D_____ have!

4. CONSIDER THE PROBLEMS INGRATITUDE BRINGS TO YOUR LIFE

- (Ro.1:21) What were the problems of those Paul wrote about in this verse?
- (2 Tim.3:1-4) What are the godless things ingratitude is listed with in this passage?
- Shakespeare from "As You Like It" (play) - "*Blow, blow thou winter wind, thou art not so unkind as man's ingratitude*".

5. EXPRESS YOUR GRATITUDE

- (Eph.5:20,Psa.107:1) Express your thanks VE_____! God is a father and He desires and longs for his C_____ to express their love and gratitude!
- (Psa.116:12-19) Express your gratitude by your L_____, by your W_____, and by your L_____!

6. DO NOT TAKE THE COMMONPLACE THINGS OF LIFE FOR GRANTED

- Be grateful for each _____ in the morning and each _____ in the evening.
- Be grateful for each A_____ in your house and the E_____ you have to run them.
- Be grateful for each hour you can spend with F_____.

7. AVOID OVEREMPHASIZING THE LUXURIES LIFE

- Be grateful for the simple NE_____ IES!
- Be grateful for our S_____ blessings!

8. DO AWAY WITH MURMURING AND COMPLAINING

- When you take away the miracles of the Exodus, what comes to mind?

- (1 Cor.10:9-11) What is Paul telling us here?

- (Phil.2:14) Do all things without _____.

9. REALIZE THAT YOU ARE A RECIPIENT; AND NEVER FORGET THE GIVER IN THE GIFT

- (James 1:7) Every good thing we R_____ is from God.
- (Phil.4:19) God will supply_____.
- (Ro.5:6-8) For while we were still weak _____.

Conclusion: *"Our Father, Thou hast given us so much. Do, please, give us one more thing...a grateful heart".*