

The Heart of Thanksgiving: Rejoice, Pray, Give Thanks

1 Thessalonians 5:16-18

Main Idea: A heart of gratitude is cultivated through rejoicing, prayer, and thanksgiving.

How to Develop a Heart of Thanksgiving

I. Rejoice Always (1 Thessalonians 5:16)

- “Joy is a feeling of good pleasure and happiness that is dependent on who Jesus is rather than on who we are or what is happening around us.”

- Kenneth Ortiz – Theologyfortherestofus.com

- Acts 16:25; Philippians 4:4
- Practical Ways to Rejoice:
 - Develop a habit of gratitude by keeping a joy journal.
 - Engage in worship and praise regularly with a supportive faith community.

II. Pray Continually (1 Thessalonians 5:17)

- Persistent prayer is important.
- Prayer is a lifestyle - John 16:24; Ephesians 6:18
- We must overcome barriers to prayer

III. Give Thanks in All Circumstances (1 Thessalonians 5:18)

- Gratitude is powerful – Philippians 4:6-7
- Be thankful in difficult times - Job 1:20-21; Daniel 6:7-10
- Cultivate an attitude of gratitude - Colossians 3:15-17