

## *Press Play:* PAUSE

Psalms 92:1 (NLT) It is good to give thanks to the Lord and sing praises to your Name. O most high.

### **I. Benefits of being Thankful...**

#### **1. It causes you to be aware of the presence of God in your life.**

Psalms 69:30(NIV) I will praise the name of God with a psalm and magnify Him with thanksgiving.

#### **2. It causes you to appreciate what we do have in life.**

#### **3. It becomes the foundation for a great attitude.**

### **II. Barriers to being thankful...**

#### **1. It is not a common practice.**

#### **2. Life is coming at us at a fast and furious pace.**

Luke 8:4-15(NIV) While a large crowd was gathering and people were coming to Jesus from town after town, he told this parable: "A farmer went out to sow his seed. As he was scattering the seed, some fell along the path; it was trampled on, and the birds of the air ate it up. Some fell on rock, and when it came up, the plants withered because they had no moisture. Other seed fell among thorns, which grew up with it and choked the plants. Still other seed fell on good soil. It came up and yielded a crop, a hundred times more than was sown." When he said this, he called out, "He who has ears to hear, let him hear."

His disciples asked him what this parable meant. He said, "The knowledge of the secrets of the kingdom of God has been given to you, but to others I speak in parables, so that," 'though seeing, they may not see; though hearing, they may not understand.'

"This is the meaning of the parable: The seed is the word of God. Those along the path are the ones who hear, and then the devil comes and takes away the word from their hearts, so that they may not believe and be saved. Those on the rock are the ones who receive the word with joy when they hear it, but they have no root. They believe for a while, but in the time of testing they fall away. The seed that fell among thorns stands for those who hear, but as they go on their way they are choked by life's worries, riches and pleasures, and they do not mature. But the seed on good soil stands for those with a noble and good heart, who hear the word, retain it, and by persevering produce a crop.

### **3. The age of entitlement.**

Psalms 100:3(NIV) Know that the Lord Himself is God. It is he who has made us not we ourselves. We are his people and the sheep of his pasture.

### **III. 3 things that can help you be a more thankful person.**

#### **1. It requires effort.**

Psalm 116:17(NIV) I will sacrifice a thank offering to you and call on the name of the LORD.

Psalm 103:1-2 (NIV) Bless the LORD, O my soul: and all that is within me, bless his holy name. Bless the LORD, O my soul, and forget not all his benefits:

#### **2. It is a learned skill.**

Psalms 118:24 9 (NIV) This the day the Lord has made let us rejoice and be glad in it.

#### **3. It is something that you have to choose to do.**