



Gratitude is the Key to Happiness

Sunday, June 30, 2024

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1. Some thoughts on gratitude

- One of the ugliest words - ungrateful
- Feeling gratitude is not the same as expressing gratitude

¹¹ As Jesus continued on toward Jerusalem, he reached the border between Galilee and Samaria. ¹² As he entered a village there, ten men with leprosy stood at a distance, ¹³ crying out, “Jesus, Master, have mercy on us!” ¹⁴ He looked at them and said, “Go show yourselves to the priests.” And as they went, they were cleansed of their leprosy. ¹⁵ One of them, when he saw that he was healed, came back to Jesus, shouting, “Praise God!” ¹⁶ He fell to the ground at Jesus’ feet, thanking him for what he had done. This man was a Samaritan. ¹⁷ Jesus asked, “Didn’t I heal ten men? Where are the other nine?” ¹⁸ Has no one returned to give glory to God except this foreigner?”

Luke 17:11-18 NLT

2. Three principles of gratitude

- Unexpressed gratitude communicates ingratitude
- Gratitude closes the loop in our relationships with God and others
- Ingratitude often comes from a sense of entitlement

3. Every day is an opportunity to express gratitude

- First, to God
- Then to people

Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens. He never changes or casts a shifting shadow.

James 1:17 NLT

Next Steps:

- Add a time of “gratitude to God” as part of my regular prayer time
- To help expand my gratitude, I will look for at least one opportunity each day to say thanks
- When I notice any good “gift” in life, I will give thanks to God
- I will thank someone today for their love and kindness to me
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