

Attitude of Gratitude

2022 Webinar Series



“We’re here for a reason. I believe a bit of the reason is to throw little torches out to lead people through the dark.” – Whoopi Goldberg

Gratitude turns what we have into
enough.

What is an attitude of gratitude?

Gratitude: the quality of being thankful; readiness to show appreciation for and to return kindness.

Attitude: a settled way of thinking or feeling about someone or something, typically one that is reflected in a person's behavior.

Therefore an attitude of gratitude is daily being content and thankful, regardless of your current circumstances.

What is one way to remind yourself to be thankful on a daily basis?

Why is gratitude important?

When we are not grateful, we experience many things:

- comparison with others
- frustration with what we don't have
- never satisfied, always striving for more
- focus on circumstances, rather than on God
- negative thought patterns
- feeling not good enough or God doesn't care
- jealousy
- fear of never achieving dreams
- loss of happiness, joy and peace

What are some other things you might experience if you are not grateful?

We want to live lives filled with joy and peace, yet none can be found without gratitude!

Without gratitude, we become negative people always focused on the glass being half empty instead of it being half full. There is no change in the circumstance, but in the way it is perceived!

We want those in our lives to experience life to its fullest, this starts with us! We need to have lives free of comparison and jealousy, overflowing with joy, peace and contentment.

What are some other reasons gratitude is important?

Matthew 20:1–16

“For the Kingdom of Heaven is like the landowner who went out early one morning to hire workers for his vineyard. He agreed to pay the normal daily wage and sent them out to work.

“At nine o’clock in the morning he was passing through the marketplace and saw some people standing around doing nothing. So he hired them, telling them he would pay them whatever was right at the end of the day. So they went to work in the vineyard. At noon and again at three o’clock he did the same thing.

“At five o’clock that afternoon he was in town again and saw some more people standing around. He asked them, ‘Why haven’t you been working today?’

“They replied, ‘Because no one hired us.’

“The landowner told them, ‘Then go out and join the others in my vineyard.’

“That evening he told the foreman to call the workers in and pay them, beginning with the last workers first. When those hired at five o’clock were paid, each received a full day’s wage. When those hired first came to get their pay, they assumed they would receive more. But they, too, were paid a day’s wage. When they received their pay, they protested to the owner, ‘Those people worked only one hour, and yet you’ve paid them just as much as you paid us who worked all day in the scorching heat.’

“He answered one of them, ‘Friend, I haven’t been unfair! Didn’t you agree to work all day for the usual wage? Take your money and go. I wanted to pay this last worker the same as you. Is it against the law for me to do what I want with my money? Should you be jealous because I am kind to others?’

“So those who are last now will be first then, and those who are first will be last.”

What does this parable teach you about comparison?

What does it teach you about gratitude?

Benefits of Gratitude

- joy
- peace
- contentment
- satisfaction
- optimism
- greater trust in God
- staying humble
- faith
- hope

What other benefits come from being thankful?

Philippians 4:6–7

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Why is peace so important in your life?

What are you willing to do to keep peace in your life?

How to have gratitude in the midst of difficult times?

Problems allow us to become pros at seeing positives such as blessings, learning opportunities, a chance to be empowered which leads to mastery.

How can you turn your problems to positives?

1 Thessalonians 5:16–22

Be joyful always; pray continually; give thanks in all circumstances, for this is the will of God. Do not put out the Spirit's fire; do not treat prophecies with contempt. Test everything. Hold on to the good. Avoid every kind of evil.

What is the relationship between joy and gratitude?

Gratitude in the midst of difficult circumstances.

We miss out on all the blessings around us when we are only looking to the future and what we do not have yet. - Laura Burgoyne

How can we keep our focus on being thankful today instead of longing for the future?

Focus of Gratitude

- shields you from negativity
- rewires your brain
- eliminates stress
- heals
- improves sleep
- boosts self-esteem and self confidence
- improves relationships
- encourages others around you
- increases your faith

Read the book of Jonah. Write down how an attitude of gratitude could have changed his experience. What would the results have been if he would have operated in thankfulness.

Two Wolves

An old Cherokee is teaching his grandson about life

"A fight is going on inside of me", he said to the boy.

"It's a terrible fight and it is between two wolves. One is evil- he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, self-pride, superiority, and ego."

He continued, "the other is good he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.

The same fight is going on inside of you- and inside of every other person too."

The grandson thought for a moment, and then asked his grandfather, "Which Wolf will win?"

The old Cherokee simply replied, "The one you feed."

What ways can you feed the good wolf and avoid feeding the bad one?

Activation

CHOOSING GRATITUDE IN THE MIDST OF DIFFICULT CIRCUMSTANCES

Think about a difficult circumstance you are currently experiencing. What are some things that you can be thankful for in this process.

Ask Holy Spirit to help you see where God is in the midst of your circumstances, what lessons or skills are you learning, how is God using what you are going through as a blessing in your life? What do you think the outcome will be?

Create a habit of looking for the reasons to be thankful and have gratitude in all circumstances.

4 Keys to Remember

01

YOU CANT OPPERATE IN GRATITUDE AND GRUMBLING AND COMPLAINING AT THE SAME TIME.

02

WHAT YOU FOCUS ON WILL BE THE MEDITATION OF YOUR HEART.

03

NO MATTER WHAT YOU ARE GOING THROUGH GOD IS THERE PRESENT WITH YOU, PROVIDING FOR YOU AND OFFERING YOU ASSISTANCE. ARE YOU AWARE OF HIS PRESENCE IN YOUR LIFE

04

GRATITUDE WILL OPEN YOU UP TO POSSIBLIITES THAT WERE PREVIOUSLY IMPOSSIBLE

Gratitude changes everything!

Contact Information

For Support, Mentorship and
Resources

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