



SERMON NOTES

April 24, 2022

“Gratitude: A Habit for Life”



I. A Habit for Life

- A. _____ is what the Bible says we do when we focus on ourselves and become prideful and self-centered.
- B. The Apostle Paul told new Christians that they ought to give thanks to God in _____ circumstances.

II. Life’s Rollercoaster

- A. Good Friday represented a time of profound _____ for the disciples, something we all experience at times in our lives.
- B. Many said of the pandemic that we would enter a _____.
- C. The Psalmist says “ _____ may last for the night, but joy comes in the morning.”

III. Resurrection Hope

- A. The prophet Isaiah speaks of a Resurrection hope, when he says God’s people will receive “a crown of beauty instead of _____.”
- B. Ironically, it’s during periods of _____ that we most often forget to be grateful.
- C. To have a sustaining habit of gratitude, the writer of Colossians, says we must let the word of Christ _____ in us richly.

Things I Would Like to Remember About This Message



ASBURY DAILY STUDY GUIDE *April 25-30*

INTRODUCTION

As we remembered on Easter, after Jesus died, everything the disciples believed was no longer true. Jesus was dead, his body was missing, and his followers were in hiding. What happened next was beyond their wildest dreams! He rose from the dead, walked among them, and breathed on them, saying “As the father sent me, so I am sending you” (John 20:21). We were given a mission. To be true Easter people and fulfill our mission, we need to continue to train our hearts to experience life as a gift. Living a life of gratitude liberates us from our tendency to self-absorption, opens us to wonder, and fills us with hope.

Monday: John 20:19-22

The true work of God only began at the Resurrection of Jesus. When Jesus appeared to the disciples, he said, “As the father sent me, so I am sending you.” He then breathed on them, saying, “Receive the Holy Spirit.” Has Jesus breathed new hope and purpose into you? Pray that the hope of the Resurrection would fill you today, and out of a grateful heart, enable to you to offer peace and wholeness to those around you.

Tuesday: 1 Thessalonians 5:16-18

In times of stress, it's hard to remember the Apostle Paul's words to “rejoice always, pray continually, give thanks in all circumstances.” Do you think you handle life's challenges based on your hope in Christ? The implication of Paul's words is that real joy depends on one's relationship with God. Where have you been able to be grateful and joyful in hard times? Pray God's sustaining joy would enable to give thanks in all circumstances.

Wednesday: Psalm 126:1-6

This psalm becomes a prayer based on the confidence that the same God who did great things in the past, would do them again. In what ways can you nourish the confidence to say with the Psalmist “those who sow with tears will reap with songs of joy?” Thank God today for the great things He has done, and ask that He would bring joy to those feeling low today.

Thursday: Psalm 30:1-5, 11-12

It's possible the Psalmist was facing a life threatening illness (vs. 3). Whatever the specific circumstances, the Psalmist focuses on how God has lifted them out of the depths, restoring life and joy. In what ways are you looking forward to God bringing “rejoicing” that “comes in the morning”? If you or someone you know feels like they are in depths that will last forever, pray that the faith that restores hope would restore your Spirit.

Friday: Psalm 18:1-3

Do you ever struggle to find the right words when you pray? Here, David simply begins, “I love you, LORD, my strength.” Could the words of a great poet and king encourage you to pray simply; from the heart? David goes on to recognize God as his refuge and shield in a moment of great distress. Can you thank God today for being your refuge, when the world seems to be falling apart?

MOVING FORWARD

The writer of James reminds us, “Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows,” (James 1:17). So often we imagine acquiring more things and experiences will make us grateful, but true gratitude comes from recognizing we have a God who gives a life, and we can see the world through the lens of the work of Christ. A heart of gratitude comes from developing the habit of recognizing that God alone is the source of all goodness and worthy of our praise.

Answers to the sermon notes: IA) Grumbling, B) all, IIA) disorientation, B) new normal, C) weeping. IIIA) ashes, B) orientation, C) dwell.