

CULTIVATING A GRATEFUL HEART

Ephesians 5:20 Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ.

A. Gratitude is the inner feeling from benefit received

B. Thanks(giving) is the expression of that feeling

1. **Know the things that come from God** Eph. 5:17, 20; Matt.22:17-22; 1 Cor. 4:7
2. **Right focus and replay the right memories** Phil. 4:8; Ps. 30:4; Ps.97:12
3. **Stay continually filled with the Spirit** Eph. 5:17; Col. 3:16; Jn. 6:63; Acts 4:31; Pr. 18:14; Pr. 4:23

