

The Cream in the Oreo

THE MISSING PIECE

_____ and _____

Gratitude is the _____ point in life.

Gratitude is the ability to see _____, and the corresponding desire to affirm it, and its giver as good.

1 Corinthians 4:7 *What do you have that you did not receive?*

Romans 8:32 *He who did not spare His own Son but gave Him up for us all, how will He not also, along with Him, freely [graciously] give us all things?*

If you _____ let down by God, then you have pre-judged Him and closed the book on a circumstance He's not finished with yet.

Yahweh _____ us none of this and He never has. It's all given by grace.

Thanksgiving is one way we _____ express gratitude.

One can feel gratitude without giving thanks, but one can not give thanks without _____ feeling gratitude.

Thankfulness doesn't earn us any _____ with Yahweh, but is the evidence that His favor is already being enjoyed.

_____ grows in the soil of gratitude.

Surrendering to the _____ of your circumstance or even yourself is not the same as surrendering to God.

Grumbling is _____. Gratitude is supernatural.

Psalms 92:1 *It is good to give thanks to the LORD/Yahweh*

As we cultivate a heart of gratitude, the object of our gratitude needs to expand from something to _____.

Four Qualities of Biblical Thanksgiving

1. _____

2. Thankful to _____

3. Thankfulness to God _____

Psalm 107:1-2 Give thanks to the LORD/Yahweh, for He is good; His loving devotion endures forever. 2 Let the redeemed of the LORD say so

Thanksgiving power-washes away the sinful residue of _____.

4. Thankfulness to God Leading to _____ in God

The gift tells us something about the _____.

Thanksgiving is no longer only something we ____ but it does something to ____.

2 Chronicles 20:3 Jehoshaphat was alarmed and set his face to seek the LORD/Yahweh. And he proclaimed a fast throughout Judah.

2 Chronicles 20:21 "Give thanks to the LORD/Yahweh, for His loving devotion endures forever."

GRATITUDE QUIZ

The short quiz below might help you test where you land on a spectrum from grateful to grumbling. As honest as you can be, highlight either (A) or (B) for each question.

1. Do you more often (A) remember God's blessings in your life or (B) forget them?
2. When things don't go your way, do you typically respond (A) in gratitude or (B) by grumbling?
3. Do you see thanksgiving as (A) an essential spiritual rhythm for Christians or (B) something that's great to do when you remember it but unnecessary?
4. Would you say you tell God thanks (A) daily or (B) less than daily?
5. Is thanksgiving (A) a significant part of your prayer life or (B) a small part of it?
6. Would you describe yourself as more often (A) content or (B) discontent?
7. As you go throughout your day, do you usually (A) have eyes open to reasons for giving thanks around you or (B) not see many things to give thanks for?
8. Do you tend to rehearse (A) God's generosity and goodness or (B) what seems unfair?
9. Do you (A) often tell others reasons you're grateful or (B) rarely talk about why you're grateful?
10. When you see things others have that you don't, do you (A) rest in what God has given you or (B) struggle with jealousy?
11. If you were to list reasons for gratitude, would it be (A) a long list and easy to come up with things to give thanks for or (B) a short list and hard to think of many things?
12. Is practicing thanksgiving (A) a regular part of your life or (B) an irregular part of your life?
13. Do you (A) have a place or way of intentionally recording reasons for gratitude or (B) not have a place or way to intentionally record reasons for gratitude?
14. When circumstances are difficult, do you (A) still find things to be thankful for or (B) stop giving thanks altogether?
15. When you think about thanksgiving, do you (A) tell God thanks or (B) feel grateful but not actually tell God thanks?

Now tally up how many times you highlighted (A). The goal isn't to condemn you but to reveal how prone you are to thanksgiving, knowing all of us have room to grow. If you highlighted (A) SEVEN OR FEWER TIMES, then grumbling likely feels more natural than gratitude for you. If that's you, don't be discouraged. This book provides practical help to begin taking small steps away from grumbling and toward giving thanks. If you highlighted (A) MORE THAN SEVEN BUT LESS THAN FIFTEEN TIMES, then you likely practice giving thanks with some regularity, but you know your heart often strays toward ingratitude or grumbling. This book can help you grow further and deeper in gratitude. If you highlighted (A) FIFTEEN TIMES, then you're either an expert who has mastered gratitude or you lack self-awareness.

THIRTY-DAY READING PLAN

Below are thirty passages on various aspects of thanksgiving. As you read them, notice how God is thanked, what He's thanked for, and the results of giving thanks. Let it lead you into seeing God at work in your own life and thanking Him for it. Reflect on what they teach you about thanksgiving or reasons to give thanks. Then give thanks to Him in prayer.

1. Matthew 7:9-11; James 1:17; 1 Corinthians 4:17; Romans 11:36
2. Daniel 2:17-23; 6:10; Romans 8:28-29
3. Psalm 100
4. Luke 17:11-19
5. 1 Chronicles 29:10-22; Leviticus 7:11-15
6. Romans 1:18-23; 12:1-2
7. Psalm 103
8. John 6:11, 23; 11:41; Acts 27:33-38; 1 Timothy 4:3-4
9. Philippians 4:4-9; 1 Thessalonians 5:16-18; 1 Peter 5:6-9
10. Exodus 14:10-14; 15:22-16:8; Philippians 2:14
11. 1 Chronicles 16:1-36
12. Psalm 9
13. Psalm 28
14. Psalm 136
15. Romans 6
16. Psalm 33
17. Matthew 26:26-29; Hebrews 8:6-13
18. Psalm 30
19. 1 Timothy 1:12-17; Ephesians 2:1-10; 2 Corinthians 4:15
20. Psalm 95
21. Psalm 118
22. 1 Samuel 8
23. Deuteronomy 8
24. Ephesians 1:3-14
25. 1 Corinthians 15:12-28, 35-58
26. Psalm 105
27. Psalm 104
28. Psalm 138
29. Psalm 145
30. Revelation 4:1-11; 7:9-17