

Gratitude Can Set the Tone of Your Life

Tracing a Theme in Four Passages in Colossians

Gratitude is Part of the Overflow from a Healthy Walk with God

Colossians 2:6-7 “Therefore, as you have received Christ Jesus the Lord, walk in Him, *rooted and built up in Him and established in the faith*, just as you were taught, *overflowing with gratitude*.”

For the person who has received Jesus Christ as his Lord and Savior, who walks in connection with Him, whose life is based on Him as the foundation, and this connection grows stronger with time, then that person’s life will naturally (perhaps we should say *supernaturally*) overflow with gratitude.

Gratitude is an Attitude

Colossians 3:15 “And let the peace of the Christ, to which you were also called in one body, control your hearts. *Be thankful*.”

Don’t just *say thanks, be thankful!*

We don’t want to be like the child told to say *thank you*, but does so only because they were told to say that.

Gratitude Sets the Tone (the tone of our response to God)

Colossians 3:16-17 “Let the word of Christ dwell richly among you, in all wisdom teaching and admonishing one another through psalms, hymns, and spiritual songs, singing to God *with gratitude in your hearts*.”

Ways Gratitude Sets the Tone:

- It takes the focus off of ourselves, gratitude frees us to love others
- It refocusing to our blessings, setting the table for joy
- It refocuses is from our fears, clearing the deck for peace
- It takes the focus off of our hurts and is the antidote to bitterness

Gratitude Should Be the Tone that Permeates Everything

- 1 Thessalonians 5:18 “*Give thanks in everything*, for this is God’s will for you in Christ Jesus.”

Gratitude is both an attitude and an action.

- It is a command to obey: “*Give thanks in everything*”
- It is a conscious choice we must make!

Gratitude is Part of an Upwardly Focused Life

Colossians 3:17 “And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, *giving thanks to God the Father* through him.”

In everything... we are to live plugged into God. Everything is to be done for His glory. Everything is to be done with thanksgiving. This is the tone of the person who lives his or her life with God... focused on the Lord.

This is the way it is done in Heaven. This is the way we should live on earth! Because...

Thankfulness Aligns Us with the Throne Room:

- Revelation 7:11-12 “All the angels stood *around the throne*, the elders, and the four living creatures, and they fell facedown *before the throne* and worshiped God, saying: Amen! Blessing and glory and wisdom and *thanksgiving* and honor and power and strength be to our God forever and ever. Amen.”

Life Isn't Always Easy, But We Should Always Be Thankful

Colossians 4:2 “Devote yourselves to prayer; stay alert in it *with thanksgiving.*”

There are many dangers to which we must be alert. There's a lot going on that we need to pray about. But even as we face these dangers, we need to set the tone of thanksgiving.

Matthew Henry was once robbed. He wrote:

“Let me be thankful, first, because he never robbed me before; second, because although he took my purse, he did not take my life; third, because although he took all I possessed, it was not much; and fourth, because it was I who was robbed, not I who robbed.”

There are those who would reasonably ask, “But life isn’t all good. Bad things happen. Nevertheless, we can choose to focus on the bad or we can choose to focus on the Lord and be thankful for His goodness to us!