

Fathers Podcast 12 Gratitude Part 1

Podcast Highlights

-There are a lot of barriers when it comes to gratitude in our culture. It is easy to become transaction and conditional...“I will be grateful if...”.

-Men like to keep score and win which would mean there has to be a beginning and an end. Gratitude doesn't fit into that because it's ongoing.

-You can't deal with your relationship with God without seeing that being grateful and giving thanks is necessary.

-Being grateful is good for us.

-“Give Thanks in all circumstances” 1Thessalonians 5:18

-“By prayer and petition, with thanksgiving, present your requests to God”.
Philippians 4:6

-“Always give thanks to God the Father for everything, in the name of our Lord Jesus Christ” Ephesians 5:20

-“When you have eaten and are satisfied, praise the LORD your God for the good land he has given you. Be careful that you do not forget the LORD your God.”
Deuteronomy 8:10

Thinking/Conversation Starters-

-What are your barriers to being thankful?

-What do you have to be thankful for? Write out statements of thanks to God for specific events, acts, provisions He has made in your life.

Action Step

-Make a list of what you're thankful for...people, experiences, beauty, the marriage, kids, pretty much anything that is in your life. Writing that stuff down starts the process of beginning to dwell in it...

-Dwell in it on a frequent and consistent basis.

“As iron sharpens iron, so one man sharpens another.”

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