

# **Sim-ple-fy**

## *Week #4: The Gratitude Quotient*

Got **thanks**?

*“Humans have something called a negativity bias where ‘bad stuff’ in our life outweighs the good by a measure of about 3:1.” Renee Jain*

What is your **GQ**? (gratitude quotient)

*“Gratitude is literally one of the few things that can measurably change peoples’ lives.” Robert Emmons*

The secret of a grateful heart is to **open** my **eyes**.

- Philippians 4:4 - *4 Rejoice in the Lord always. I will say it again: Rejoice!*  
A grateful heart recognizes **who** you **are**.

I need a grateful heart because it helps **guard** my **heart**.

*The unthankful heart... discovers no mercies; but let the thankful heart sweep through the day and, as the magnet finds the iron, so it will find, in every hour, some heavenly blessings! Henry Ward Beecher*

- Philippians 4:5a - *5 Let your gentleness be evident to all.*  
A grateful heart impacts **those** around **you**.
- Philippians 4:5b,6 - *The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*  
A grateful heart perseveres when **life** is **difficult**.
- Philippians 4:7 - *7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*  
A grateful heart finds **peace** at **all times**.
- Philippians 4:11-13 - *I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do all this through him who gives me strength.*  
A grateful heart is content with **all** it **has**.

### **Sim-ple-fy Resolution #4**

To align my heart with God’s, **thankfulness** is **required**.

*Pride slays thanksgiving, but a humble mind is the soil out of which thanks naturally grow. A proud man is seldom a grateful man, for he never thinks he gets as much as he deserves.*

Begin each day with **grace!** - Psalm 107:1

*Oh give thanks to the Lord, for he is good, for his steadfast love endures forever!*

Tip the **scales!** - 1 Thessalonians 5:18

*Give thanks in all circumstances; for this is God's will for you in Christ Jesus.*

Make it a **non-negotiable!** - Ephesians 5:20

*...always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.*

### **Points to Ponder**

- 1) To simplify your life this week, how will you take time to make gratitude a centerpiece of each day? What time will you set each day to talk to God and thank him for who you are in Jesus? Write up a plan to include thankfulness in your spiritual resiliency plan and find opportunities to express it both in your words and actions.
- 2) When you open your eyes and look at life, do you see more of the bad stuff than the good? If so, how will you tip the scales this week? What passage will you commit to memory to trigger that thought?

***Homework: 2 Corinthians 8:1-9***