

Colossians 2:6-7

6 So then, just as you received Christ Jesus as Lord, continue to live your lives in him, 7 rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

Cultivate = prepare, nurture, intentionally promote growth or development

What stifles gratitude?

- We give our circumstances too much power.
- We look to circumstances before we look to God, and this destroys any capacity to cultivate gratitude.

James 4:1 -10

What causes fights and quarrels among you? Don't they come from your desires that battle you? 2 You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God. 3 When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures. 4 You adulterous people, don't you know that friendship with the world enmity against God? Therefore, anyone who chooses to be a friend of the world becomes an enemy of God. 5 Or do you think Scripture says without reason that he jealously longs for the spirit he has caused to dwell in us? 6 But he gives us more grace. That is why Scripture says:

*"God opposes the proud
but shows favor to the humble."*

Submit yourselves, then, to God. Resist the devil, and he will flee from you. 8 Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. 9 Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. 10 Humble yourselves before the Lord, and he will lift you up.

How do we respond when we find ourselves looking to desires & circumstances before God?

➤ **Submission + Humility**

"What freedom corresponds to submission? It is the ability to lay down the terrible burden of always needing to get our own way. The obsession to demand that things go the way we want them to go is one of the greatest bondages in human society today."

– Richard J. Foster, Celebration of Discipline

Philippians 4:4-7 & 11-13

4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. 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. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

11 I am not saying this because I am in need, for 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.



Psalm 100 – A psalm. For giving grateful praise.

1 Shout for joy to the Lord, all the earth.

*2 Worship the Lord with gladness;
come before him with joyful songs.*

3 Know that the Lord is God.

*It is he who made us, and we are his;
we are his people, the sheep of his pasture.*

*4 Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name.*

*5 For the Lord is good and his love endures forever;
his faithfulness continues through all generations.*

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