



Raquette Lake Chapel Sunday Blast

August 27, 2023

"Gratitude Part 2"

*"Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."
(Psalm 100:4)*

Gratitude is a Powerful Characteristic of a Christian Life

Gratitude resonates deeply with the fabric of our faith and our lives. In a world of busy-ness, challenges, and distractions, it is our calling as Christians to pause and reflect on the practice of gratitude. This simple virtue has the potential to transform our lives in remarkable ways. This week's Sunday Blast introduces five ways to reflect on gratitude and key verses of Scripture. As we explore these five, we will expand our understanding of gratitude and how it can reshape our outlook on life, strengthen our relationships, guide us through adversity, inspire generosity, and deepen our spiritual connection with our Creator.

Five Approaches to Gratitude

- Gratitude as Transformation: *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."* (Philippians 4:6-7) This verse highlights the connection between prayer, gratitude, and the transformation of our anxieties into God's peace.
- Gratitude in Relationships: *"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."* (Ephesians 4:29) This verse emphasizes the importance of words that build up and encourage, emphasizing the positive impact of gratitude and affirmation in our interactions with those around us.
- Gratitude in Adversity: *"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything."* (James 1:2-4) This passage encourages gratitude in trials and highlights the transformative aspect of challenges. [Note: this is one of those "troubling passages" ... and this topic will be the basis of Sunday's sermon!]
- Showing Gratitude Through Generosity: *"Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you."* (Luke 6:38) Jesus' words highlight how our giving to others acknowledges the true source of all our blessings.
- Gratitude as a Spiritual Discipline: *"Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."* (Psalm 100:4) This verse emphasizes the connection between gratitude and drawing near to God's presence.

**** May God's Peace be with you! - Vance ****

Prayer box: let us pray for family, friends, and all people from Ukraine; family and friends close to us including Robin, Bill, Lynn, Joyce; for the people living on Maui; for all those suffering from extreme weather; and let us give thanks for the support from the Raquette Lake Community! Lord, hear our prayer!