

HOW GOD BLESSES GRATEFUL HEARTS

Rick Warren
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"If you fully obey the Lord your God, and if you carefully follow all his commands, all of these blessings will be yours: The Lord will bless you in the city and in the country. He will bless your children, as well as blessing your crops and livestock. The Lord will bless your harvest and the food you prepare. The Lord will bless you wherever you go. The Lord will even defeat your enemies when they attack you . . . Yes, the Lord will send his blessing on all you put your hand to and bless everything you do." - Deuteronomy 28:1-8

"Always BE THANKFUL in all circumstances, for this is God's will for you."
- 1 Thessalonians 5:18 (NLT)

Both scriptures & scientific studies show having a mindset of gratitude yields great blessings

- Gratitude improves your brain and physical health
- Gratitude creates happiness
- Gratitude helps you sleep better
- Gratitude is the antidote to toxic emotions
- Gratitude improves relationships
- Gratitude opens the door to people and opportunities
- Gratitude is the evidence of maturity
- Gratitude pleases God and brings his blessing

A starter list for thanking God this Thanksgiving

"You created and formed me in my mother's body. So I thank you because you made me." - Psalm 139:13-14 (NCV)

"Be grateful for every year you live." - Ecclesiastes 11:8 (TEV)

"My heart is happy because you saved me!" - Psalm 13:5 (NCV)

"I give you thanks because you are good." - Psalm 54:6 (TEV)

"I praise the Lord for answering my prayers." - Psalm 118:21 (CEV)

"I praise the Lord, because he guides me." - Psalm 16:7 (TEV)

"Tell the Lord how thankful you are, because he is kind and always merciful."
- Psalm 118:1 (CEV)

"Give thanks to the Lord for his unfailing love." - Psalm 107:8 (NIV)

God's 3 favorite ways for me to express gratitude

1st habit of gratitude: _____ **to God**
"Sing out your thanks to him; sing praises to our God." - Psalm 147:7 (LB)

"Sing psalms, hymns, and sacred songs, singing to God with thanksgiving in your hearts." - Colossians 3:16 (TEV)

2nd habit of gratitude: _____ **to God**
"I will offer a sacrificial offering as a special gift to thank you Lord, because you are so good." - Psalm 54:6 (NCV)

"Celebrate the Harvest Festival, to honor the Lord your God, by bringing him a freewill offering in proportion to the blessing he has given you . . . Do this at the Place of Worship." - Deuteronomy 16:10-11 (TEV)

"I will sacrifice a thanksgiving offering to you." - Psalm 116:17 (NIV)

"Those people who truly honor me are those who bring me offerings to show thanks. And I, God, save those who do that." - Psalm 50:23 (NCV)

"Honor the Lord by giving him the first part of all your income, and he will fill your barns and barrels to overflow with more than you store." - Proverbs 3:9-10

"Bring your tithe to the Lord . . . the first of all you earn. The purpose of tithing is to teach you to always put God first in your lives." - Deuteronomy 14:23 (LB)

"Bring your whole tithe to the storehouse," says the Lord, "so there will be food in my house. Test me in this and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it!"
- Malachi 3:10 (NIV)

3rd habit of gratitude: _____ **with God**
See 1 Corinthians 11:23-27

"Is not the cup of thanksgiving for which we give thanks a participation in the blood of Christ? And is not the bread that we break a participation in the body of Christ?"
- 1 Corinthians 10:16 (NIV)

"How we thank God, who gives us victory over sin and death through Jesus Christ our Lord!" - 1 Corinthians 15:57 (NLT)

"So now, everything you do or say should be done in the name of our Lord Jesus with thanksgiving to God the Father." - Colossians 3:17

"Thank the Lord! Praise his name! And tell the world what he has done!"
- Isaiah 12:4 (NLT)

"The grace that is reaching more and more people will cause thanksgiving to overflow to the glory of God!" - 2 Corinthians 4:15 (NIV)

上帝如何賜福感恩的心

華理克牧師

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“如果你完全順服上主你的上帝，謹守他所有的誡命，…你就會經歷這所有的福氣：你的城鎮和田地必定蒙福。你的子孫和莊稼必定蒙福。你的牛羊所生的必定蒙福。你的果籃和揉麵板必定蒙福。你無論到哪裏去，做任何事，都必定蒙福。上主會征服攻擊你的敵人；…上主會確保你在所做的一切事上蒙福，…使你糧食滿倉。…上帝會賜福你所做的一切。”
- 申命記 28:1-8 (新普及譯本/意譯)

“在任何情況下都要感恩，這是上帝對你們…所懷的旨意。”
- 帖撒羅尼迦前書 5:18 (新普及譯本)

經文和科學研究都表明，懷着感恩的心態，會產生巨大的祝福

- 感恩能改善你的大腦和身體健康
- 感恩能產生快樂
- 感恩能改善你的睡眠質素
- 感恩能紓緩不良的情緒
- 感恩能改善人際關係
- 感恩能開啟接觸別人和其他機會的大門
- 感恩是靈命成熟的證據
- 感恩會取悅上帝，帶來祂的祝福

感恩節感謝上帝的入門清單

“我在母腹中，你就將我織造成形。感謝你，將我造得如此精巧！”
- 詩篇 139:13-14 (新普及譯本)

“要為每一年的壽命感恩。”
- 傳道書 11:8 (現中修訂版)

“我要因你的拯救而歡喜。”
- 詩篇 13:5 (新普及譯本)

“我要感謝你，因為你至善。”
- 詩篇 54:6 (現中修訂版)

“我感謝你應允我的禱告。”
- 詩篇 118:21 (新普及譯本)

“我要稱頌引導我的上主。”
- 詩篇 16:7 (新普及譯本)

“要感謝上主，因他是美善的！他信實的慈愛永遠長存。”
- 詩篇 118:1 (新普及譯本)

“願他們因上主的大愛頌讚他。”
- 詩篇 107:8 (新普及譯本)

上帝最喜歡我們向祂表達感恩的三種方式

感恩的第一個習慣：向上帝

“你們要唱歌感謝上主，…歌頌我們的上帝。”
- 詩篇 147:7 (新普及譯本)

“…要帶着感恩的心以詩篇、聖詩和靈歌來歌頌上帝。”
- 歌羅西書 3:16 (新普及譯本)

感恩的第二個習慣：向上帝

“我要甘心樂意向你獻祭，上主啊，我要讚頌你的名，因你的名美好。”
- 詩篇 54:6 (新普及譯本)

“為了尊崇上主你的上帝，你要慶祝收穫節。要按照你從主所得福分的比例，自願向他獻祭…在…敬拜地點…”
- 申命記 16:10-11 (新普及譯本)

“我要向你獻上感恩的祭。”
- 詩篇 116:17 (新普及譯本)

“那真正尊崇我的人，就是向我獻祭以表達感謝的人。而我，上帝，必拯救那些這樣行的人。”
- 詩篇 50:23 (NCV 意譯)

“你要以財物和一切初熟的土產尊榮耶和華。這樣，你的倉房必充滿有餘；你的酒醅有新酒盈溢。”
- 箴言 3:9-10 (和合本)

“將你的什一奉獻帶到主面前，…你收入的首十分之一。什一奉獻的目的，是要教導你總要在生命中以上帝為先。”
- 申命記 14:23 (Living Bible 意譯)

“你們要將當納的十分之一全然送入倉庫，使我家有糧，以此試試我，是否為你們敞開天上的窗戶，傾福與你們，甚至無處可容。”
- 瑪拉基書 3:10 (和合本)

感恩的第三個習慣：領受上帝的

請看哥林多前書 11:23-27

“我們在主的桌前為杯祝謝的時候，不是在分享基督的血嗎？我們擘餅的時候，不是在分享基督的身體嗎？”
- 哥林多前書 10:16 (新普及譯本)

“但感謝上帝！他藉着我們的主耶穌基督，使我們勝過了罪和死亡。”
- 哥林多前書 15:57 (新普及譯本)

“凡你們所作的，無論是言語或行為，都要奉主耶穌的名，藉着他感謝父神。”
- 歌羅西書 3:17 (新譯本)

“感謝上主！頌讚他的名！要向萬國傳揚他所做的事。”
- 以賽亞書 12:4 (新普及譯本)

“…恩惠既然因着許多人而增多，感恩的心也更加增多了，使榮耀歸給神。”
- 哥林多後書 4:15 (新譯本)