

Title: Not loving our lives – The power of thanksgiving
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Example in the Old Testament:

Spies sent into Canaan: Numbers 13:2, 27-28, 30-32; 14:1-2, 6-10, 22-24, 30, 36-38

A pessimist sees a problem in every opportunity; an optimist sees an opportunity in every problem
SAME SITUATION, DIFFERENT SPIRIT

Why are people negative

1. We do not guard (protect) our hearts

Proverbs 4:23 “Guard your heart, for it is a wellspring of life” (NIV)

- We spend too much time with negative people
- We spend too much time reading/watching negative reports

2. We have lost our childlike faith

- We have not dealt with **disappointment/offence**
- That leads to **cynicism**,
- which leads to **unbelief**

Result: We complain instead of pray, because we don't really believe that God can do anything about the situation.

3. We want to control our circumstances

WHY: If we let go, we take the risk that things will not work out the way WE want it to work out – We do not trust the Lord.

4. We like our comfort and own priorities

Solution:

1. We need to guard our hearts

Guard our hearts = to value and protect our minds, emotions and will. We need to protect our hearts from bitterness, coldness, unforgiveness, offence, pride...

HOW? We need to deal with these things immediately!

Guarding your heart does not mean that you will never get hurt, disappointed or offended, but guarding your heart means that you will get onto these things immediately before it does more damage. Our hearts are insured by the Creator of the Universe – if something happens to your heart, you go to your insurer (God) and ask Him to fix it.

2. Spend time in the word of God – to renew our minds and to restore our faith

Romans 10:17 “Faith comes by hearing and hearing by the word of God”

Philippians 4:8

“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

3. Let go of control and comfort – Trust the Lord to change your circumstances

4. Pray the prayer of thanksgiving

1 Thessalonians 5: 16-18

“Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.”

- We need to pray the prayer of thanksgiving instead of complaining about it!
- We need to put our trust in the Lord and know that nothing is too hard for Him.

CONCLUSION: Why is this important?

1. It will either bring life or death

Proverbs 18:21 “Death and life *are* in the power of the tongue...”

- If we sow complaining, we will reap death, if we sow thanksgiving, we will reap life.
- If we cultivate a life of complaining, we will die spiritually (like the Israelites in the desert) and our hearts will become cold & hard. God’s presence cannot dwell where there is constant complaining.

2. God wants to bring hope through your life

God wants to bring hope to a world where there is so much brokenness, hopelessness and confusion. He wants to bring hope through YOU.

Philippians 2:14

“Do all things without complaining and disputing, that you may become blameless and harmless, children of God without fault in the midst of a crooked and perverse generation, among whom you shine as lights in the world.”

- We should not be influenced by bad reports/negativity
- We need to bring the good report and positive spirit and believe in a God for whom nothing is impossible

WE MUST BE SALT & LIGHT!