



# Unpacking #SeekFirst..

Key ONE | WISDOM

Key TWO | The KINGDOM

Key THREE | KING & KINGDOM

Key FOUR | The KINGDOM IS AT HAND

Key FIVE | FRESH BREAD

Key SIX | The Holy Spirit

Key SEVEN | ...

Today's #SeekFirst key is a...

# THANKFUL HEART

"Let us thank God heartily as often as we pray that we have His Spirit in us to teach us to pray. Thanksgiving will draw our hearts out to God and keep us engaged with Him; it will take our attention from ourselves and give the Spirit room in our hearts."

- Andrew Murray

## 2. THANKSGIVING AND A THANKFUL :

Major theme in the Word of God

Do you carry constant thanksgiving and thankfulness in your heart?

## 2.1 Important definitions:

### THANKFUL

Aware and appreciative of a benefit; grateful

: glad that something has happened or not happened, that something or someone exists, etc.

: of, relating to, or expressing thanks

### THANKSGIVING [Strong's, Hebrew: root *yâdâh yaw-daw'*]

Todah (to-daw) : an extension of the hand, adoration, a choir of worshippers | : confession, sacrifice of praise, thanks, thanksgiving

# THANKSGIVING [New Testament – GREEK]

**Eucharistia | yoo-khar-is-tee'-ah**

: gratitude; actually grateful language (to God, as an act of worship): - thankfulness, (giving of) thanks (-giving)

**“And he took bread, gave thanks and broke it, and gave it to them ...” [Luke 22:19]**

In the original language, “he gave thanks” reads **“eucharisteo.”**

The root word of **eucharist** is **charis**, meaning “**grace**.”

Jesus took the bread – saw it as grace and gave thanks. He took the bread and knew it to be gift and gave thanks.

**Eucharist**teo, thanksgiving, includes the Greek word for grace, **charis**.

**Thanksgiving and Grace [unmerited divine assistance given humans for their regeneration or sanctification; a virtue coming from God; a state of sanctification enjoyed through divine grace] are inseparable...**

## 2.2 The Opposite:

# Ungrateful

**2 Tim 3:1** But understand this, that in the last days there will come times of difficulty. **2** For people will be lovers of self, lovers of money, proud, arrogant, abusive, disobedient to their parents, ungrateful, unholy, **3** heartless, unappeasable, slanderous, without self-control, brutal, not loving good, **4** treacherous, reckless, swollen with conceit, lovers of pleasure rather than lovers of God, **5** having the appearance of godliness, but denying its power. Avoid such people.

Be careful of an UNGRATEFUL



No, your parents obviously misled you.  
The world actually revolves  
around me.



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1. By **thanksgiving** we acknowledge God's **goodness**
2. By **praise** we acknowledge God's **greatness**
3. By **worship** we acknowledge God's **holiness**

## 2.3 Great, but HOW?

**Apostle Paul**—a man who had learned the meaning of true thanksgiving, in the midst of great adversity. When he had been imprisoned in Rome, Paul wrote:

**“Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ”**  
Ephesians 5:19-20, NIV

**THANKSGIVING starts as an  
acknowledgement by choice of A FACT that  
God is good, always good AND GOOD  
TOWARDS ME**

### 3. A THANKFUL Heart: Psalm 100 (ESV)

His Steadfast Love Endures Forever

*A Psalm for giving thanks.*

Make a joyful noise to the LORD, all the earth!<sup>2</sup> Serve the LORD with gladness! Come into his presence with singing!<sup>3</sup> Know that the LORD, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture.<sup>4</sup> Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!<sup>5</sup> For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations.

3 Know that the LORD, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture.

**[AMP]** 3 Know and fully recognize with gratitude that the Lord Himself is God; It is He who has made us, not we ourselves [and we are His]. We are His people and the sheep of His pasture.

# 4. Why be Thankful?

## 4.1 It is how we correctly approach God:

## 4.2 Three Reasons from Psalm 100:

1. The Lord is GOOD
2. His LOVE is everlasting
3. His faithful to and through all generations



## 4.3 The Will of God and Overflow of the Holy Spirit:

**Eph 5:17** Therefore do not be foolish, but understand what the will of the Lord is. 18 And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, 19 addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, 20 giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ.

**1Thes 5:16** Rejoice always, 17 pray without ceasing, 18 give thanks in all circumstances; for this is the will of God in Christ Jesus for you. 19 Do not quench the Spirit.

# 4. Why be Thankful?

## 4.4 The True and Right Perspective:

HELPS US TO SEE!



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[4.4...]

1. Thankfulness transforms your spiritual / emotional state:

GOD'S perspective | TRUE perspective

FOUNDATION: God is GOOD

2. Thanksgiving transfers my ego-centered focus:

Psalm 100:3



### 3. Through thanksgiving we enter in:

**John 10:9** I am the gate; whoever enters through me will be saved. They will come in and go out, and find pasture.

**Psalm 100:4** '...enter his gates with thanksgiving'

**'GIVE THANKS' – root – 'GRACE'**  
**eucharistēo | charis**

