

## BE GRATEFUL

It was high summer. The sun was extremely hot. Two travelers were going along a dusty road that had no trees along its sides. Looking for some shelter from the hot sun, they saw a tree with big leaves and branches spread like an umbrella. They placed their belongings on the ground and sat in the cool thick shade of the tree. After taking some rest, one traveler said to the other, 'What a useless tree it is! It bears no fruits at all. Hearing this, the tree felt pinched and burst out, 'You ungrateful soul! On one hand, you are taking shelter in my cool shade from the burning heat of the sun and on the other hand, you are calling me useless. Get up and leave the place immediately to be scorched again.

Dunay termino nga kinatsila sa mga tawo nga moingon: Mga ingrato. Nagpasabot dili mapasalamaton. Kitang mga tawo dili gayod ta ganahan sa mga tawong ingrato o mga tawo nga dili mapasalamaton. Mao nga tudloan nato ang atong anak to say 'Thank you'. Kay malipay ta sa mga bata o tawo nga mapasalamaton. The Bible has so many exhortations about having a thankful heart. There are so many references in the Bible exhorting us TO BE GRATEFUL TO GOD. Nagsugo gayod ang Dios nga magmapasalamaton kita ngadto kaniya.

**Salmo 106:1(MBB) “Dayga ang Ginoo! Pasalamati ang Ginoo kay maayo siya; ang iyang gugma walay kataposan.”** The verse does not say that we are to thank and praise God because we feel good. But rather what the verse says here is that we are to give thanks to the Lord for he is good. Not because we feel good but because he is good. Our thanksgiving should not be dependent on our emotions. We are to thank God because He is a good God. Because he is a good God, we need to respond to him thankfully.

**1 Tesalonica 5:18 “Ug pagpasalamat kamo bisag unsay modangat kaninyo. Kini mao ang kabubut-on sa Dios nga buhaton ninyo sa ngalan ni Cristo Jesus.”**  
Bisan sa imong mga sipyat ug mga kapakyasan kinahanglan kitang makamaong mopasalamat.

**Colosas 3:17 “Busa bisag unsa ang inyong buhaton o isulti, himoa sa ngalan sa Ginoong Jesus, uban sa pagpasalamat sa Dios nga Amahan pinaagi kaniya.”**  
We are not to accompany our day with grumbling and complaining but rather we are to have a mindset of thankfulness.

**Efeso 5:20 “Sa ngalan sa atong Ginoong Jesu-Cristo pagpasalamat kamo kanunay sa Dios Amahan tungod sa tanang butang.** Kini nagpasabot nga bisag aduna kay mga corrections o mga reklamo you need to still thank the Lord. It is called a sacrifice of praise.

**Hebreo 13:15 “Busa himoon ta kanunay ang halad sa pagdayeg ngadto sa Dios pinaagi kang Jesus; sa ato pa, pasalamatan ta kanunay sa atong tingog ang iyang ngalan.”**

**Hebrews 13:15(NIV) “Through Jesus, therefore, let us continually offer to God a sacrifice of praise – the fruit of lips that confess his name.”**

The verse dictates to us that we are suppose to continually offer thanksgiving unto God. We need to be able to start this year with an attitude of thanksgiving because when you lose thanksgiving in your heart, when you do not cultivate thanksgiving in your heart, you will be discouraged, tired, and weary and you will lose hope. There are certain things that you will lose in terms of a godly perspective if you don't cultivate a grateful heart.

**Salmo 34:1 “Pasalamatan ko kanunay ang Ginoo dili gayod ako mohunong sa pagdayeg kaniya.”**

**Roma 8:28 “Nasayod kita nga diha sa tanang butang nagbuhat ang Dios alang sa kaayohan niadtong nahigugma kaniya ug sa iyang mga tinawag sumala sa iyang tuyo.”**  
If there are numerous biblical exhortations to be grateful then it would be sinful on our part not to cultivate an attitude of gratefulness.

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Lucas 17:11-18(MBB) “Sa nagpadulong si Jesus sa Jerusalem, miagi siya sa utlanan sa Samaria ug Galilea. (12)Samtang nagpaingon siya sa usa ka balangay, gisugat siya ug napulo ka sanlahon. Nagpaantaw sila (13)ug naninggit, ‘Jesus’ Magtutudlo! Kaloy-i intawon kami. (14)Nakakita kanila si Jesus ug miingon, ‘Lakaw ug pahiling kamo sa mga pari. Samtang diha pa sila sa dalan, nangaayo sila. (15)Ang usa kanila, sa pagtan-aw nga naayo na siya, mibalik ug nagdayeg sa Dios sa kusog nga tingog. (16)Mihapa siya sa tiilan ni Jesus ug nagpasalamat kaniya. Ang maong tawo Samaryanhon. (17)Unya miingon Jesus, ‘Dili ba napulo man ka tawo ang nangaayo? Hain na man ang siyam? (18)Ngano man nga kining dumuloong mao ra may mibalik aron pagpasalamat? Sometimes when we are in desperate need we cry aloud to God ‘Lord help me. But when the answer comes dili nata kaayo mopasalamat sa Dios. The nine were Jews ug sila unta ang angay nga magpasalamat but here we find ingratitude. But the one who came back to Jesus and said ‘thank you Lord’ was a Samaritan. He was the one has the right heart. We have so much to thank God for. And a lot of times that is what happened to a lot of people. We have a lot of reason to thank God but we are not thanking God well enough.

## 2. THREE TRUTHS ABOUT THE ATTRIBUTES OF GOD THAT COME TO OUR MIND WHEN WE START THANKING THE LORD

a) When I give thanks to God, I’m saying to God that ‘He is in control of all the circumstances of my life both good and bad’.

Roma 8:28 “Nasayod kita nga diha sa tanang butang nagbuhat ang Dios alang sa kaayohan niadtong nahigugma kaniya ug sa iyang mga tinawag sumala sa iyang tuyo.”

Deuteronomio 11:12(ABMBB) “Yuta kini nga giatiman sa Ginoo nga inyong Dios ug gibantayan niya kanunay.”

Deuteronomio 11:12(AB) “Yuta nga ginabantayan ni Jehova nga imong Dios; ang mga mata ni Jehova nga imong Dios kanunay nga anaa sa ibabaw niya, sukad sa sinugdanan sa tuig bisan hangtud sa katapusan sa tuig.

As believers in God we know that the eyes of God are continually upon us. Everyday of the year starting from January 1, 2010 to December 31, 2010 the eyes of the Lord will be upon us. There is never a moment, never a time wherein God’s eyes turn away from His children.

2 Cronicas 16:9 “Ang Ginoo kanunay nga nagtan-aw sa tibuok kalibotan aron pagpaila sa iyang gahom niadtong nagsalig kaniya sa hingpit...”

A good mother always her eyes on her baby but her eyes are not always to her child all the time. But in God there is never a moment wherein God’s eyes are not on His children

Isaias 49:15 “Apan nag-ingon ang Ginoo, ‘Makalimot ba ang usa ka inahan sa iyang anak nga masuso, o dili ba niya mahalon ang iyang anak? Bisan gani sila malimot, apan dili gayod ako malimot kanimo.” When the Bible says ‘The eyes of God are continually upon us’ it also mean is that the heart of God is upon us. So, not only is He aware of us every second, every minute of the day but His love towards us is no time of the year wherein God does not love us. So, beginning this year up to the end of this year we have the eyes and the heart of the Lord with us.

It is not going always to be smooth sailing for all of us but remember this: the eyes of the Lord are upon you all the time. So, the first truth that is affirmed when I give thanks is ‘I’m saying to God that he is in control of all the circumstances of my life both good and bad.

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b) When I give thanks to God 'I'm saying that He loves me', even if what I am going through is difficult.

**Salmo 63:3-4 "Ang imong gugma nga walay paglubad mas bililhon pa kay sa kinabuhi, busa daygon ko ikaw. (4)Pasalamatn ko ikaw samtang ako buhi pa...;**

What is meant by David when he said 'Thy loving-kindness is better than life'? What David mean that 'Your love is better than life'? The context of Psalm 63 is the time David experience a coup d etat wanted to get the throne from his son Absalom. 2 Samuel 15:2-6, 13-14

This is very difficult on the part of David. For David all earthly good was nothing in comparison to having an intimate loving relationship with God. That what's really matter to David. He knew that there was a possibility that he would lose his throne, he knew that there was a possibility that he would lose his life. And yet in spite of that he was not shaken because to David what was most important was the presence of God, the love of God, the intimacy of God, the relationship that he had with God. And so he said, 'Lord, thy loving-kindness, your love is better than life. What David was saying 'Lord, I don't really care if I lose my kingdom. I don't really care if I lose my throne. I don't really care even if I lose my own life because I have you. You are important than the throne. I don't really care if I lose my life. You are more important than the kingdom. You are more important than my earthly life. And so Lord, 'Your loving kindness is better than life. In verse 4 – it means that David was saying 'Lord nothing is going to stop my worship, nothing to stop my attitude of thanksgiving before you Lord. I will praise you as long as I have this earthly life. It doesn't matter what I go through but I still praise you. That is what it means to offer a sacrifice of praise, to offer sacrifice of thanksgiving. Not all in life is smooth sailing, there will be a lot of storms, and there will be lot difficulties. That's why Jesus told his disciples ahead that in this world they will have tribulations. **Juan 16:33.** How would you respond to the difficulties in life? Again, the way we respond to it is with an attitude of thanksgiving because thanksgiving changes the way we think, thanksgiving changes our perspective in life. That's why thanksgiving is very important.

There are certain things I do not understand in my life: ex- why I have a special child, why i have cancer, and why i have a broken family, why I have committed this kind of mistake. But we know that God loves us. When I give thanks to God I'm saying to God, 'Lord you love me and that you are looking for my eternal benefit even if what I am going through is difficult, even I committed mistakes. Remember that Psalm 63 'Thy loving-kindness is better than life.' And David said, 'For as long as I have life I will lift up my hands in praise to thee.' We need to be able to cultivate this kind of attitude. We praise God not because we feel good but we give thanks and praise to God because he is good, because he love us.

c) When I give thanks to God 'I'm saying that He is wiser than I am'

**Isaias 55:8-9(MBB) "Kay ang akong hunahuna dili sama sa inyong hunahuna ni ang akong mga laraw sama sa inyong mga laraw, nag-ingon ang Ginoo. (9)Kay ingon nga ang kalangitan habog kay sa yuta, ang akong mga laraw hahog kay sa inyong mga laraw, ug ang akong hunahuna kay sa inyong hunahuna."**There are certain things that we will not understand in our lives but when you thank God we are saying 'Lord you're wiser than me.

**Illustration:** May usa ka amahan nga gitudloan niya ang iyang gamay nga anak nga kada human niyag kaon kinahanglan nga trapohan niyag table napkin ang iyang baba. Busa naanad ang maong bata nga kada humag kaon trapohan niyag table napkin ang iyang baba. Apan usa ka panahon niana human niyag kaon kay naanad naman gayud siyag trapo sa iyang baba sa table napkin apan walay table napkin sa lamesa apan nakita siyag table napkin nga nahulog sa ilalom sa lamesa busa gusto niyang kuhaon ang maong table napkin, apan masayod ang amahan nga hugaw ang maong table napkin. Mao nga miingon ang iyang amahan 'ayaw nag kuhaa, ayaw nag gamita. Busa naglibog ang iyang anak nga nganong gidid-an man siya sa iyang amahan nga unta siya man ang nagtudlo nga kinahanglan manarapog table napkin kada humag kaon. Para sa bata inconsistent ang iyang amahan. Sometimes ingon niana usab ang nahitabo sa atong kinabuhi. There are certain things we are asking from God and we want to have them and at times God grant it so generously but there are times when we may be asking God at the same thing but having denies us and during those time we need to still thank God and say 'Lord, you are wiser than I am. Lord, nganong misipyat man ko karon niining butanga nga sa miagi imo man kong gihatagag kalamposan.

## 3. THE RESULTS OF A THANKFUL HEART

**1. It brings joyful heart** One of the results of a thankful heart is a heart of joy. Why? Because when you're thanking Him the presence of God comes upon you. When you're thanking Him you are remembering all the good deeds that he has done. This generates faith in your heart. And when you and I don't have faith we will not have joy. If we do not have joy we don't have the strength because the joy of the Lord is our strength. **Nehemiah 8:10.** Thanksgiving, faith and joy are interrelated.

**Nehemias 8:10 "Ayaw kamog kaguol, kay ang kalipay ang kalipay nga gikan sa Ginoo maoy inyong kalig-on."**

What do you think that some people are not happy? Because they are so focus on their troubles, they are so focus on their problems. So whatever happens in our surroundings, whatever happens in our lives, let us be comforted and be thankful that our God remains faithful.

## 2. It brings miracle / It brings blessings

**Job 2:7-10; 42:12-16 "Busa milakaw si Satanas ug gipaantos si Job sa makalilisang nga mga hubag gikan sa lalapapa ngadto sa alimpulo. (8)Unya nagkuhag bika si Job aron iyang ikalot sa iyang mga samad. (9)Unya giingnan siya sa iyang asawa. 'Magbinuotan ka ba gihapon? Balikasa ang Dios ug kamatay. (10)Apan giingnan ni Job ang iyang asawa, 'Ang imong sinultihan sama sa sinultihan sa mga babayeng buangbuang. Modawat ba lamang kita gikan sa Dios sa maayong mga butang ug dili sa mga daotan? Bisan pa sa tanan nga giantos ni Job wala siya makapasipala sa Dios...**

Usahay sama kita sa asawa ni Job kon makita gani nato ang usa ka tawo nga anaa sa dili maayong kahimtang o panghitabo sa iyang kinabuhi ang kasagaran natong isulti kaniya pagkalisod sa imong kahimtang lisora na ipasalamat sa Dios. manajot-to ta. Ang atong reaksyon makapaluya hinoon kaniya. Apan insakto kaayong si Job, mao nga sa kataposan gipanalangin siyag maayo sa Dios.

**Job 42:12-16 "Gipanalanginan sa Ginoo ang kataposang mga adlaw ni Job labaw pa sa iyang nadawat kaniadto. Napanag-iya ni Job ang 14,000 ka karnero, 6,000 ka kamelyo, 2,000 ka baka, ug 1,000 ka asno. (13)Nakaliwat siyag pito ka anak nga lalaki ug tulo ka anak nga babaye...(15)Walay babaye nga sama katahom sa mga anak ni Job sa tibuok kalibotan...(16)Human niini, si Job nabuhi pag140 ka tuig, ug nakakita pa siya sa iyang mga apo ug mga sungkod."**

## Gratitude, Thankfulness

Years ago a wealthy English family was entertaining friends at their home. As the children swam one ventured into the deep water and began to drown. The gardener heard the other children screaming and jumped into the water and saved the child. The youngsters name was Winston Churchill. Deeply grateful to the gardener, the parents asked how they could ever repay him. He hesitated, but then said "I wish my son could go to college someday to be a doctor. "He will" said Churchill's parents. "We will pay his way." Years later when Sir Winston Churchill was Prime Minister, he became ill with pneumonia. The best physician the king could find was called to the bedside of the ailing leader. His name Sir Alexander Flemming, the developer of penicillin and the son of that gardener who long ago saved a drowning Winston. Churchill later said, "Rarely has a man owed his life twice to the same person." As believers we owe a debt of gratitude and service to the Lord because He made and He saved us.

Whatever the case might be 'God's love is better than life.' And that's why we will praise Him for He is good and He is wiser than we are. So, start thanking the Lord in all of the circumstances of your life.