

**The Transformational Power of Thanksgiving.  
Psalm 103**

**How does gratitude turn a self-centered entitled heart into a God-centered, praise-filled heart?**

- 1. Gratitude allows believers to reflect God's blessings and kindness: personal gratitude Psalm 103:1-5.**
  - a. Self-reflecting on God's blessings protects us from the dangers of entitled forgetfulness and affluence (cf. Dt 8:1-18).
  - b. His forgiveness, healing, protection (redemption from the pit), and provision are a gracious foretaste of the kingdom (Luke 4:16-19, John 10:10).
- 2. Gratitude turns believers into catalytic agents of God's redemption in a broken world: corporate gratitude Psalm 103:6-19.**
- 3. Gratitude allows believers to lead creation into God's universal praise: universal gratitude Psalm 103:20-22.**

**A grateful to God heart has no room for selfish entitlement  
Because it realizes it already has who it really needs.**

1. What kind of "self-talk" does routinely fill your mind? Is it negative, entitled, and self-centered or grateful, kind and God-exalting? Do not let the enemy distort your vision of God's blessings in your life.
2. How does God want to use your gratitude to counteract the toxic tide of materialistic and consumeristic tendencies of the season? Perhaps this year we can ask God for less and thank God more?