

The Power of a Thankful Heart

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John 11 / Ephesians 5

Psalm 28:6-8

6 Praise be to the Lord, for he has heard my cry for mercy. 7 The Lord is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song. 8 The Lord is the strength of his people, a fortress of salvation for his anointed one.

John 11:20-35

20 When Martha heard that Jesus was coming, she went out to meet him, but Mary stayed at home. 21 "Lord," Martha said to Jesus, "if you had been here, my brother would not have died. 22 But I know that even now God will give you whatever you ask." 23 Jesus said to her, "Your brother will rise again." 24 Martha answered, "I know he will rise again in the resurrection at the last day." 25 Jesus said to her, "I am the resurrection and the life. He who believes in me will live, even though he dies; 26 and whoever lives and believes in me will never die. Do you believe this?" 27 "Yes, Lord," she told him, "I believe that you are the Christ, the Son of God, who was to come into the world."

28 And after she had said this, she went back and called her sister Mary aside. "The Teacher is here," she said, "and is asking for you." 29 When Mary heard this, she got up quickly and went to him. 30 Now Jesus had not yet entered the village, but was still at the place where Martha had met him. 31 When the Jews who had been with Mary in the house, comforting her, noticed how quickly she got up and went out, they followed her, supposing she was going to the tomb to mourn there.

32 When Mary reached the place where Jesus was and saw him, she fell at his feet and said, “Lord, if you had been here, my brother would not have died.”

33 When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. 34 “Where have you laid him?” he asked. “Come and see, Lord,” they replied.

35 Jesus wept.

6 Keys to Cultivating a Thankful Heart in Challenging Times

Ephesians 5:15-20

15 Be very careful, then, how you live—not as unwise but as wise, 16 making the most of every opportunity, because the days are evil. 17 Therefore do not be foolish, but understand what the Lord’s will is. 18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit. 19 Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, 20 always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

- 1) Choose to Trust
- 2) Meditate don’t Medicate
- 3) Get around encouraging people
- 4) Worship
- 5) Pray in the Spirit

Romans 8:26-28

26 In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. 27 And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will. 28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

6) Give Thanks

1 Thessalonians 5:16-18

16 Be joyful always; 17 pray continually; 18 give thanks in all circumstances, for this is God's will for you in Christ Jesus.