

**MENTAL HEALTH VACCINATIONS – PART I**  
**“The Vaccine of Gratitude”**  
**Psalm 100**

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Do you ever find yourself complaining, grumbling, resentful of your circumstances and filled with self-pity? When you start entertaining these thoughts you can go into a very dark place. Holding on to thoughts of this nature can be mentally toxic. The cure for this virus is a dose of gratitude. When your mind is governed by grateful thinking it brightens up your day, improves your disposition and is honoring to God. This morning Dr. Bruce will teach on we can be inoculated with a dose of gratitude.

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**Gratitude** - the quality of being thankful; readiness to show appreciation for and to return kindness.

**#1. GRATITUDE SHOULD BE DIRECTED TO GOD, vv. 1-5**

- A. God is the source of all our blessings
- B. God is the source of all goodness
- C. God alone is worthy of our praise

**#2. GRATITUDE SHOULD BE EXPRESSED TO GOD BECAUSE OF OUR SPECIAL RELATIONSHIP WITH HIM, vv. 3 & 5**

- A. God created us, v. 3
- B. God redeemed us, v. 3, Exo 6:6
- C. God covenanted with us, v. 3, Exo 6:7
- D. God shepherds us, v. 3, John 10:14-18
- E. God loves us forever, v. 4
- F. God is faithful to all generations, v. 4

**#3. GRATITUDE SHOULD BE A DAILY PRACTICE, vv. 1-5**

- A. Gratitude should become a habit, Ps 118:24
- B. Gratitude enhances our relationship with God, Phil 4:4-7
- C. Gratitude improves the quality of our mental life

**#4. GRATITUDE SHOULD NOT BE CONTINGENT ON OUR CIRCUMSTANCES, Num 14:1-4, 1 Thess 5:16-18**

- A. God’s people were blessed but suffering hardship
- B. God’s people were not thinking clearly
- C. God’s people were mentally poisoned

**#5. GRATITUDE IS A MOMENT-BY-MOMENT CHOICE**

- A. Gratitude requires a disciplined thought-life
  - B. Gratitude must become a habit
  - C. Gratitude keeps Satan at a distance
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**DISCUSSION QUESTIONS**

#1. What is the background of this Psalm?

#2. Discuss what it means to be grateful?

#3. Discuss each of the points regarding the special relationship believers have with God. (Point #2, vv. 3 & 5)

#4. In what way(s) does having a grateful heart enhance our relationship with God? (Colossians 3:15)

#5. Describe what was going on with the Israelites mental health in Numbers 14:1-3.

#6. How did God view their reaction to their circumstances?

#7. What does it mean to give thanks to God in “all” circumstances—even painful ones? (1 Thess 5:16-18)

#8. In what ways does expressing gratitude to God keep Satan at a distance?

### DISCUSSION QUESTIONS CONTINUED

#9. Describe your current daily practice of gratitude.

#10. What is your takeaway from this teaching?

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### ANNOUNCEMENTS

#### CLICK THE ONLINE MEETING ROOM

When joining us on zoom click the box that says “online meeting room.” That will get you into the meeting and provide you with the sermon notes.

#### JOIN US ONLINE FOR

Tuesday Bible study at 6:30, Wednesday study & Prayer at 6:30. Click the “online meeting room” link on the home page of the website Hillcrestroseville.com

**June 6<sup>th</sup>** service at Garbolino Park followed by a potluck.

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### ACTION STEPS FOR GRATITUDE INOCULATION

- #1. \_\_\_\_\_ Scripture about gratitude and recite them regularly
- #2. In the \_\_\_\_\_ thank God for the day
- #3. Make a \_\_\_\_\_ of everything that you are grateful to God for and thank him for each one.
- #4. Let your thinking be governed by \_\_\_\_\_ not emotions
- #5. Recognize the work of \_\_\_\_\_. He wants you complaining to God thinking that God isn't good.
- #6. Make gratitude a \_\_\_\_\_ practice

# ***Welcome*** *to* ***Hillcrest Church!***

***GIVING GOD OUR BEST – 2021!***

*Shout for joy to the Lord, all the earth.  
Worship the Lord with gladness; come  
before him with joyful songs.*

*Psalm 100: 1-2*

*May 23, 2021  
Pastor Bruce Guckelberg*