

M&M Radical Gratitude Part 1

#4 Be the One! Thank the Lord.

Psalm 28:7

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.

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Lesson Four Absolutely Central

Cultivating a grateful heart is not just an add-on nicery, a civil tip of the hat to God as we steamroll through *our* day. A posture of purposeful, perpetual thanks to God is absolutely central to Christian character. It gives glory to Him. It is the key defense against Satan's temptations to despair, distrust, dysfunction. It protects us from sin and self. It is the hallmark of heaven. It does not exist in hell.

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Be the one who thanks Jesus. Let others go where they may. You be the one who is grateful.

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