



Are you thankful?

Colossians 1:12-14

*giving thanks to the Father, who has qualified you to share in the inheritance of the saints in light.<sup>13</sup> He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son,<sup>14</sup> in whom we have redemption, the forgiveness of sins.*

1. Why is the Spiritual Discipline of Thankfulness important?
  - a. It's an antidote for one of the most prevalent and damaging sins of humanity: Pride
    - i. Pride is one of the most prevalent sins of humanity: *“Pride is so natural to fallen man that it springs up in his heart like weeds in a well-watered garden.”* — Charles Spurgeon
    - ii. The Common Attributes of Pride
      - Pride takes credit for success.
      - Pride blames others for failure.
      - Pride is motivated by the praise of others.
      - Pride is entitled.
    - iii. The Common Consequences of Pride
      - Disgrace:  
*“When pride comes, then comes disgrace, but with the humble is wisdom.”*  
Proverbs 11:2

- Destruction:  
"Pride goes before destruction."  
Proverbs 16:18
- God's Opposition:  
"God opposes the proud but  
gives grace to the humble."  
1 Peter 5:5

2. What am I most thankful for?
  - a. My Salvation and Membership in God's Family
    1. God rescued me (v. 13a) "*Delivered me from the domain of darkness.*"
    2. God relocated me (v.13b) "*transferred me to the kingdom of his beloved Son.*"
    3. Jesus redeemed me (v. 14a) "*in whom we have redemption,*"
    4. Jesus released me (v. 14b) "*and forgiveness of sin.*"
  
3. Why am I most thankful for my salvation and being a part of God's family?
  - a. It extends beyond my few years on this Earth, it is everlasting.
  - b. Without it I would still be unqualified, a resident of the domain of darkness, unredeemed, a slave to my sin and on my way to hell to experience the punishment I deserve.
  
4. How can you be rescued, relocated, redeemed, and released?
  - a. Humble yourself and admit to God that you are a sinner in need of a Savior. (Ephesians 2:8-9)
  
5. How can you cultivate an attitude of thankfulness?
  - a. Create and communicate your running list of what you are thankful for to God each day in prayer.