

The Truth about Gratitude

11.23.25

Numbers 21:⁴⁻⁹.

I. The backstory

Numbers 21: ⁴Then they set out from Mount Hor by way of the Red Sea to bypass the land of Edom, but the people became impatient because of the journey. ⁵The people spoke against God and Moses: “Why have you led us up from Egypt to die in the wilderness? There is no bread or water, and we detest this wretched food!”

- A. They complained
- B. They were blinded by current circumstances
- C. They were delusional
- D. They were ungrateful due to their impatience

II. The results of ungratefulness

⁶Then the Lord sent poisonous^[b] snakes among the people, and they bit them so that many Israelites died.

- A. Ungratefulness is a sin
 - B. For us, lack of gratitude is sin and will have consequences
 - “Let us daily keep our hearts in a thankful frame, for ingratitude is surely a deadly thing.” —Charles Spurgeon
1. Affects our ability to be influencers for Christ
 - Matt 5: ¹³“You are the salt of the earth.”

¹⁴“You are the light of the world. A city situated on a hill cannot be hidden.

Col 2:6-7 ⁶So then, just as you have received Christ Jesus as Lord, continue to walk in him, ⁷being rooted and built up in him and established in the faith, just as you were taught, and overflowing with gratitude.

- “A spirit of thankfulness is one of the most distinctive marks of a Christian whose heart is attuned to the Lord.” —Billy Graham
2. Ungratefulness affects us emotionally, relationally and physically
- “Gratitude is the gateway to joy.” —R.C. Sproul
- Better physical health (Harvard Health Publishing, 2020)
 - Improved mental health (Psychology Today, 2020)
 - Increased resilience (American Psychological Association, 2020)
 - Better sleep (National Sleep Foundation, 2020)
 - **Strained connections:**
 - **Isolation:**
 - **Self-centeredness:**
 - **Diminished life quality: .**
 - **Increased negativity:**
 - **Sense of entitlement:**
 - **Poor choices:**
 - **Discontentment:**
 - **Comparison and jealousy:**

III. The solution for ungratefulness

⁷The people then came to Moses and said, “We have sinned by speaking against the Lord and against you. Intercede with the Lord so that he will take the snakes away from us.” And Moses interceded for the people.

⁸Then the Lord said to Moses, “Make a snake image and mount it on a pole. When anyone who is bitten looks at it, he will recover.” ⁹So Moses made a bronze snake and mounted it on a pole. Whenever someone was bitten, and he looked at the bronze snake, he recovered.

- A. Repentance
- B. Trust
- C. The solution for ungratefulness for us.

-Repentance

I John 1:9 ⁹If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

We must see how dangerous the trajectory of ungratefulness really is.

Romans 1:21 ²¹For though they knew God, they did not glorify him as God or show gratitude. Instead, their thinking became worthless, and their senseless hearts were darkened.

-Trust

I Thess 5:18 ¹⁸give thanks in everything; for this is God’s will for you in Christ Jesus.

Phil 4:6-7 ⁶Don’t worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

Col 3:17 ¹⁷ And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

-Focus on God's sovereignty

Rom 8:28 ²⁸ We know that all things work together^[a] for the good^[b] of those who love God, who are called according to his purpose.

-Retrain our brain

Phil 4:8 ⁸ Finally^[a] brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things.

-When things go bad.....praise God for his control in our lives

Acts 16: ²⁵ About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them.

Close:

“If you’ve forgotten the language of gratitude, you’ll never be on speaking terms with happiness”
Anonymous

