

Overcoming Negative Emotions with Thanksgiving

Creflo Dollar

Broadcast Date: 11/27/24

Message Date: 11/24/22 ● 10:00 A.M.

Scriptures:

- 1 Thessalonians 5:18
- 1 Thessalonians 5:18, *NLT*
- Philippians 4:6, 7
- Colossians 3:15-17
- 1 Timothy 6:6
- Hebrews 13:15
- Psalm 100:4
- Psalm 106:1

Summary:

*As human beings, we've been blessed with feelings. During the holiday season, they can get out of control and need to be tamed; when that happens, exerting our authority over emotional attacks reins them back in. Feelings of loneliness, depression, anger, or strife can be overcome by giving thanks. Gratitude and thankfulness for God's commitment to bring us out of whatever situation we find ourselves in helps us mature spiritually. This type of response to the circumstance keeps us in control of our emotions, which is God's will for us. The right mindset allows God to move us forward out of a situation, but the **wrong** mindset keeps us stuck in it; we find peace with an attitude of gratitude but when we complain, we remain. For Christians, Thanksgiving isn't just one day out of the year, but a way of thinking that shapes our entire lives.*

Notes:

1. We won't like some things that life throws at us; giving thanks anyway empowers us.
2. If we begin to function in thanksgiving, the promise we receive is peace from God.
3. Three ways to practice an attitude of thanksgiving in our daily lives include thanking and praising God for everything in our lives, not allowing ourselves to complain about anything, and not comparing ourselves to others.
4. Gratitude benefits us on the physical level as well as on a spiritual and emotional level.
5. Some of the benefits of thankfulness and gratitude include reduced depression, improved self-esteem, and increased energy levels and feelings of happiness and wellbeing.
6. A thankful attitude benefits us in church and in life; thankfulness is contagious. We must acknowledge that anything good we've experienced is because of God.

Category: spiritual growth

Keywords: overcoming, negative, emotions, feelings, emotional, thanks, attitude, gratitude