

## "POSTURE OF GRATITUDE"

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# GOD IT'S ME

a teaching series at Kessid

- My name is Jenn Adamson, I've been attending Kessid for about 6 years now and have known Pastor Danny almost my whole life.
- It's easy to be grateful in your "banner" years, but choosing to be grateful when everything, and I mean EVERYTHING hits the fan, it will change your posture.
- I have a husband, Jake of 8.5 years and we have 3 kids together Hunter, Knox and Tenley. Sometimes I don't feel old enough to be responsible for 3 kids...
- When Danny asked me to be a part of this teaching series, I was hesitant due to not having done it in over a decade, but in season and out of season right?
- I immediately had a topic come to mind and put together the points I wanted to talk about. About a week or two later he came into my office to check in and I was telling him about taking moments with my kids and being intentional with them before bed and how we do these grateful journals and he immediately said, "speak on that."

### Being Grateful

- He left my office and I thought, "Oh great, I get to speak about being grateful...in 2020!"
- Here's what I felt the Holy Spirit speaking to me as I drove home that day trying to figure out how to speak on gratefulness in a year like this year...
  - If you can learn to be truly grateful in a year like 2020, you will truly be transformed.
  - Choosing a posture of gratitude has the power to change the trajectory of your life.
  - It's easy to be grateful in your "banner" years, but choosing to be grateful when everything, and I mean EVERYTHING hits the fan, it will change your posture.

### My Son, Knox, and his Asthma Journey...

- After multiple hospitalizations, we had seen five specialists by the end of 2019.
- He was on of a daily dose of steroids for 3 years.
- We were at the end of our rope! Then I threw my back out and had to go to the chiropractor in Jan 2020. My chiropractor told me I was misaligned and how it can cause a variety of problems.

## What I learned about alignment and the side effects of being misaligned...

- Possible signs that your spine is out of alignment include:
  - chronic headaches.
  - lower back pain.
  - neck pain.
  - knee pain.
  - hip pain.
  - frequent illnesses.
  - excessive fatigue.
  - impacts your nervous system
- We decided to see if this would help Knox, and since March 2020 he has been symptom free in the midst of a Respiratory Pandemic!

### Posture of Gratitude

- *If we could learn the posture of gratitude and realign yourself with His word, His peace, and His promises, these side effects you've been feeling; anxiety, fear, anger, etc., you would bring your body back to balance.*

*(Vs) James 1:2 - "Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds..."*

- The word "Consider," at its root, means to lead the way. As a church, we are to lead the way in gratitude regardless of our situation. In our broke years, and in our banner years.

### Trust in Trials

- When COVID hit, it really overwhelmed me. I'm a hypochondriac at heart, so when all other symptoms left except for this weight on my chest, and I realized I didn't have COVID. I recognized it was anxiety.
- With Knox's journey, every runny nose, every cough brought the anxiety of being back at the hospital and still managing my workload, my other kids and my own trauma of the unknown.
- All of this uncertainty at the beginning of the year overwhelmed me and when it got too much to deal with I found myself pleading with God to take it away and He did.
- Anxiety was throwing my alignment off and I wasn't very good at balancing everything else in my life.
- ***And what I've learned through out this year is how grateful I am when anxiety shows up in my life again (and it will) because it's a reminder to shift my alignment from trust in myself to trust in God and his promises.***

**“Gratitude changes our posture, and practicing gratitude means we must slow down our minds and our hearts to remember, recount, and recognize what we have to be grateful for. It helps us to make mental and emotional shifts throughout the day when it’s not going well, and it grounds us and gives us a better perspective.”**

**– Grace P. Cho**

- Gratitude is a mental shift. It’s a heart and mind issue and it sometimes it takes effort, but what you gain is so much more:

### **Benefits of Gratitude :**

- Gratitude opens the door to more relationships.
- Gratitude improves physical health.
- Gratitude improves psychological health.
- Gratitude enhances **empathy** and reduces aggression.
- Grateful people sleep better.
- Gratitude improves **self-esteem**.
- Gratitude increases mental strength.

*(Amy Morin, a psychotherapist and author of 13 things Mentally strong People don’t do.)*

- What are some situations in your life, where looking back, your posture could have been different?

### **Taking time for Gratitude**

- We see this taking time for gratitude all through out scripture.
- We see it in the book of Daniel where the kings dream is revealed to him and he takes time to thank God before interpreting it for the king, we see it with Jesus and the last supper even knowing what awaited him and we see it in Luke 17 with the story of the ten lepers.
- The Lepers were highly contagious, many could have been suffering for years, they were cut off from their normal life, quarantined together, separated from their families....sound familiar to anyone today?

*(Vs) Luke 17:11-19 – “<sup>11</sup> While traveling to Jerusalem, he passed between<sup>12</sup> Samaria and Galilee. <sup>12</sup> As he entered a village, ten men with leprosy<sup>13</sup> met him. They stood at a distance <sup>13</sup> and raised their voices, saying, “Jesus, Master, have mercy on us!” When he saw them, he told them, “Go and show yourselves to the priests.” And while they were going, they were cleansed. But one of them, seeing that he was healed, returned and, with a loud voice, gave glory to God. <sup>16</sup> He fell facedown at his feet, thanking him. And he was a Samaritan. Then Jesus said, “Were not ten cleansed? Where are the nine? <sup>18</sup> Didn’t any return to give glory to God except this foreigner?” <sup>19</sup> And he told him, “Get up and go on your way. Your faith has saved you.”*

**As they went, they were cleansed:**

- The priests were the final say if they were truly cleansed and could return to normal life
- Could you imagine their eagerness to hurry back home?
- One returns with this posture of gratitude, taking time, as eager as the rest and with the same volume and passion, falls at Jesus' feet and shows his gratitude.
- When we receive a miracle, blessing, favor, or an answer from God, are we like the 9 or are we like the one, who takes the time to show gratitude?

**I realized in preparing for this message this week that I never really took the time to be grateful for what God has done in Knox's life, especially in this pandemic, in the hazardous air quality from the fires. In the midst of all these factors that should have my son in and out of the hospital, he's been the healthiest he's ever been.**

- I keep just trying to push through and make it all balance that I walk through the miracles and just keep going. And this week I have set aside the time to really stop and thank God for what he has done in 2020, specifically in the life of Knox. Not only for the health part, but on the side of parenting. Knox was built with an adventurous, strong willed spirit and that alone is a challenge to parent, but that on steroids has seemed at times impossible.
- I don't know what 2020 has looked like for you in your homes, in your marriage, in your parenting, but I wonder if there's moments in the midst of this year that maybe, you too, have missed taking the time to be grateful for?

**2020's motto for me changed in March to... "I'm just going to roll with it".**

- Home school, sure! Working from home with my husband while parenting all day, sure!
- No toilet paper, we'll make it work.
- But what's my heart look like when I'm pleading for God for an answer and he doesn't answer the way I want him to? How does my posture change? Would I still find time to be grateful? What's my heart look like in those moments?

**The Heart of Gratitude**

- There is a story in the book of Daniel about these 3 wise guys, maybe you've heard of them? Shadrach, Meshach and Abednego. They show us a great example of what a heart of Gratitude looks like when our plans are not his plans.
- The world is watching our posture. Will we conform when our life is on the line or when times are hard or will we stand tall knowing that God is with us?

*(Vs) Daniel 3:13-18 – **13** Then in a furious rage Nebuchadnezzar gave orders to bring in Shadrach, Meshach, and Abednego. So these men were brought before the king. **14** Nebuchadnezzar asked them, “Shadrach, Meshach, and Abednego, is it true that you don’t serve my gods or worship the gold statue I have set up? **15** Now if you’re ready, when you hear the sound of the horn, flute, zither, lyre, harp, drum, and every kind of music, fall down and worship the statue I made. But if you don’t worship it, you will immediately be thrown into a furnace of blazing fire—and who is the god who can rescue you from my power?” Shadrach, Meshach, and Abednego replied to the king, “Nebuchadnezzar, we don’t need to give you an answer to this question. **17** If the God we serve exists, then he can rescue us from the furnace of blazing fire, and he can rescue us from the power of you, the king. **18** But even if he does not rescue us, we want you as king to know that we will not serve your gods or worship the gold statue you set up.”*

### **The heart of gratitude is in our posture and in our reflection.**

- If the only thing God ever did for us was sent His son to die on the cross for our sins, would that be enough? If he never did another single thing for us, would we have this heart of gratitude?

*(Vs) Daniel 3:24-25 –Then King Nebuchadnezzar jumped up in alarm. He said to his advisers, “Didn’t we throw three men, bound, into the fire?” “Yes, of course, Your Majesty,” they replied to the king. He exclaimed, “Look! I see four men, not tied, walking around in the fire unharmed; and the fourth looks like a son of the gods.”*

- God could have just rescued them, but instead he went through it with them.
- When we allow God to adjust our posture, take time to reflect on what we are to be grateful for and dive into the heart of gratitude we reap the benefits of gratitude in times of chaos.
- When we truly take the time to reflect, we are able to see that we are never alone in our “fires” and that if we align ourselves to God’s promises, a heart of gratitude will be produced in us that doesn’t change with the wind, or the elections, or the sickness of your child.

### **The world can’t take away what it didn’t give.**

- Church, this is our year. This is our moment to shine. This is a year we have been prepared for; we already have everything we need. This is a year where the world around us complains and fears for all that is happening around us and where darkness implodes, this is the year where we light up the darkness. We were made for a year like 2020.

- Have we not forgotten that no matter who fills the seat of the presidency, no matter what natural disaster shows up on the weather report tomorrow or what murder hornets or other animal comes our way, our God has already claimed the victory.
- So throw your shoulders back, lift your head up and live out the gratitude that God sent His son for you to relish in. If nothing else, be grateful for that alone.
- Would you allow God to give you an adjustment? Ask him to show you those moments in your life that maybe you missed out on being grateful for. Ask him to remind you of the many things you have to be grateful for and for clarity to see it as it happens.

**You are never alone. He won't just rescue you, he is in it with you.**

**There was another in the fire.**