

# **BREAKING THE SLAVE WITHIN — Gratitude**

**LAST WEEK: Changing a Habit** - Other side of the Bed: Retraining the mind and body

**WORD:** Vayikra

**QUESTION:** In the Old Testament, what do you think of when you hear the word: *Sacrifice*?

**NICE QUOTE:** Leviticus 1:15-17

The priest shall bring the bird to the altar and wring off its head, and turn it into smoke on the altar; and its blood shall be drained out against the side of the altar. He shall remove its crop with its contents and throw it at the east side of the altar, in the place for ashes. He shall tear it open by its wings without severing it.

## **FIVE OFFERINGS in the Opening Chapters of Leviticus**

1. Burnt Offering
2. Grain Offering
3. Peace Offering
4. Sin Offering
5. Guilt Offering

### **BURNT OFFERING** (Leviticus 1)

Leviticus 1:2-3 — *When any of you bring an offering of livestock to the Lord, you shall bring your offering from the herd or from the flock. If the offering is a burnt offering from the herd, you shall offer a male without blemish;*

Leviticus 1:10 — *If your gift for a burnt offering is from the flock, from the sheep or goats, your offering shall be a male without blemish.*

Leviticus 1:14 — *If your offering to the Lord is a burnt offering of birds, you shall choose your offering from turtledoves or pigeons.*

**SIDE NOTE:** Repetition and Rhythm — Oral Tradition

**QUESTION:** Why three?

**First Burnt Offering:** Genesis 8:20 — *Then Noah built an altar to the Lord, and took of every clean animal and of every clean bird, and offered burnt offerings on the altar.*

**ATONEMENT:** Leviticus 1:4

*You shall lay your hand on the head of the burnt offering, and it shall be acceptable in your behalf as atonement for you.*

**SIDE NOTE:** In the New Testament — Atonement is the word for *Mercy Seat*

**AND THE SINS:** Leviticus 16:10

*...but the goat on which the lot fell for Azazel shall be presented alive before the Lord to make atonement over it, that it may be sent away into the wilderness to Azazel.*

**THE FIRST THREE OFFERINGS:** They are Voluntary/Optional expressions of Gratitude

**QUESTION:** Who is it for?

*Isaiah 1:11-12, 16-17 — What to me is the multitude of your sacrifices? says the Lord; I have had enough of burnt offerings of rams and the fat of fed beasts; I do not delight in the blood of bulls, or of lambs, or of goats. When you come to appear before me, who asked this from your hand? ...Wash yourselves; make yourselves clean; remove the evil of your doings from before my eyes; cease to do evil, learn to do good; seek justice, rescue the oppressed, defend the orphan, plead for the widow.*

**GRAIN OFFERING** (Leviticus 2)

**SCRIPTURE:** Leviticus 2:1-3

*When anyone presents a grain offering to the Lord, the offering shall be of choice flour; the worshiper shall pour oil on it, and put frankincense on it, and bring it to Aaron's sons the priests. After taking from it a handful of the choice flour and oil, with all its frankincense, the priest shall turn this token portion into smoke on the altar, an offering by fire of pleasing odor to the Lord. And what is left of the grain offering shall be for Aaron and his sons, a most holy part of the offerings by fire to the Lord.*

**KEY WORD:** Coleth (so-let) = choice or fine (describing the grain)

**QUESTIONS:**

What don't you when you left quickly and are traveling lightly?  
What does it suggest that such an offering was made?

**PEACE OFFERING** (Leviticus 3)

**SCRIPTURE:** Leviticus 7:15

*And the flesh of your thanksgiving sacrifice of well-being shall be eaten on the day it is offered; you shall not leave any of it until morning.*

**ENCOURAGING GRATITUDE**

**PSYCHOLOGISTS SUGGEST:** Empathy/Compassion require some amount of gratitude

Gratitude creates less anxious youth

Gratitude seems to help youth and adults sleep better

**FIVE BASICS:**

Ok to Fake it - Acting our way into a new way of thinking

Pause and Appreciate

Don't be afraid of allowing your children to be disappointed

Set-up opportunities for you to thank your child

Model