

## BLESS—Blessed To Bless

*From his abundance we have all received one gracious blessing after another. John 1:16*

### HOW TO LIVE A BLESSED LIFE

#### 1. Recognize God's **BLESSINGS** through Jesus Christ.

*Through Christ, God has blessed us with every spiritual blessing that heaven has to offer.*

*Ephesians 1:3*

#### SOME OF GOD'S GRACIOUS BLESSINGS

Saved by grace	Eph. 2:8-9
Forgiven by grace	Isa. 43:25
Strengthened by grace	Phil 2:13
Set free by grace	Mt. 11:28-30
Given talents by grace	Rom.12:6
Used by grace	Eph. 3:7
Kept saved by grace	Jude 1:24
Transformed by grace	Rom. 12:2
We grow by grace	2 Peter 3:18

#### 2. Celebrate God's blessings through Christ with a **GRATEFUL** heart.

*Now we rejoice in our wonderful new relationship with God—all because of what our Lord Jesus Christ has done in dying for our sins—making us friends of God.*

*Romans 5:11*

*When we ask the Lord's blessing upon our drinking from the cup at the Lord's Table, this means that all who drink it are sharing together the blessing of Christ's blood. And when we break off pieces of the bread from the loaf to eat there together, this shows that we are sharing together in the benefits of His body.*

*1 Corinthians 10:16*

#### 3. Trust God's blessings.

*Only faith can guarantee the blessings that we hope for. Hebrews 11:1*

*And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.*

*2 Corinthians 9:8*

#### 4. Share God's blessings with others.

*Remember that our Lord Jesus said, "More blessings come from giving than from receiving."*

*Acts 20:35*

### BLESSED AND DEPRESSED?

*If you do these things you will experience God's peace with is far more wonderful than the human mind can understand, His peace will keep your thoughts quiet and your heart at rest as you trust in Christ Jesus. Philippians 4:7*

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### **1. REFUSE TO WORRY ABOUT ANYTHING.**

v. 6 Never worry about anything.

Worry is unreasonable. Matthew 6:25

Worry exaggerates the problem. Matthew 6:26

Worry is unnatural. Matthew 6:28-29

Worry is unhealthy. An anxious heart weighs a man down. Proverbs 12:25

Worry is unproductive.

Worry is unnecessary. Matthew 6:30

### **2. TALK TO GOD ABOUT EVERYTHING**

*Never worry about anything. Instead in every situation let God know what you need in your prayers and requests. Philippians 4:6*

### **3. THANK GOD IN ALL THINGS...NOT FOR ALL THINGS.**

*In everything give thanks, for this is the will of God in Christ Jesus for you!*

*1 Thessalonians 5:18*

*...when you ask God for what you need also thank Him for all He's done.*

*Philippians 4:6*

### **4. I THINK ABOUT GOOD THINGS.**

*Fill your minds with those things that are true and good and right. Think about things that are pure and beautiful and respected. If anything is excellent or if anything is worthy of honor, think about those things. Philippians 4:8*

*Fools make fun of sin. Proverbs 14:9*

*You Lord, will keep in perfect peace all who trust in You, and whose thoughts are fixed on You. Isaiah 26:3*

### **5. BE CONTENT WITH ANYTHING**

*I have learned to be content whatever the circumstances. I know how to live on almost nothing or with everything. I have learned the secret of contentment in every situation, whether I'm well-fed or hungry, when I have more than I need or when I don't have enough. Philippians 4:11-12*

Source: pastors.com

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