

Gratitude

Do This Instead

Philippians 4:6-7 “Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

Matthew 6:25-27 “That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing? Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are? Can all your worries add a single moment to your life?”

Tell Him What You _____ “Tell God what you need...” (v.6b)

James 4:2 “You want what you don’t have, so you scheme and kill to get it. You are jealous of what others have, but you can’t get it, so you fight and wage war to take it away from them. Yet you don’t have what you want because you don’t ask God for it.”

Proverbs 3:5 “Trust in the LORD with all your heart; do not depend on your own understanding.”

Proverbs 16:3 “Commit your actions to the LORD, and your plans will succeed.”

Thank Him For What He Has _____ “Tell God what you need, and thank him for all he has done.” (v.6b)

Colossians 3:15 “And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.”

1 Chronicles 16:8 “Give thanks to the LORD and proclaim his greatness. Let the whole world know what he has done.”

Psalms 126:2-3 “We were filled with laughter, and we sang for joy. And the other nations said, ‘What amazing things the LORD has done for them.’ Yes, the LORD has done amazing things for us! What joy!”

Experience His _____ “Then you will experience God’s peace, which exceeds anything we can understand.” (v.7a)

“Inner calm or tranquillity is promised to the believer who has a thankful attitude based on unwavering confidence that God is able and willing to do what is best for His children.” **John MacArthur**

John 14:27 “I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid.”

Isaiah 26:3 “You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!”