

## THE FULLNESS PART 6 /// Thankful

6.7.2020



- Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit. (Romans 15:13)
- When we speak of fullness, we mean we are full to \_\_\_\_\_; we are \_\_\_\_\_;
- He who brings an offering of praise *and* \_\_\_\_\_giving honors *and* glorifies Me; (Psalm 50:23)
- Scripture: Psalm 90:1-4, Numbers 14:1-6, Luke 17:11-19

### What Science Says About Gratitude:

- a) \_\_\_\_\_ depression,
- b) improves our self-esteem,
- c) increases our \_\_\_\_\_...
- d) develops a strong immune system,
- e) decrease blood pressure,
- f) improve \_\_\_\_\_ quality,
- g) reduce and cope with negative stress,
- h) become more \_\_\_\_\_. Nobody likes a grouch. 😊

### 5 Benefits of Having a Grateful Heart

1. Thanksgiving releases \_\_\_\_\_ in our lives.  
- Jesus gave thanks before feeding the 5000.
2. Thanksgiving brings \_\_\_\_\_ in our lives. (Philippians 4:6-7)
3. Thanksgiving will \_\_\_\_\_ into the presence of God!  
- Psalm 100:4
4. Thanksgiving allows the \_\_\_\_\_ to flow in our lives. (1 Thess 5:16-18)
5. Thanksgiving \_\_\_\_\_ .