

1 Thessalonians 5:16-18 - ¹⁶ Rejoice always, ¹⁷ pray continually, ¹⁸ give thanks in all circumstances; for this is God's will for you in Christ Jesus.

2 Timothy 3:1-3 NLT - You should know this, Timothy, that in the last days there will be very difficult times. ² For people will love only themselves and their money. They will be boastful and proud, scoffing at God, disobedient to their parents, and ungrateful.

Embrace the Lord in every season.

Job 1:20-21 - At this, Job got up and tore his robe and shaved his head. Then he fell to the ground in worship ²¹ and said: "Naked I came from my mother's womb, and naked I will depart. The LORD gave and the LORD has taken away; may the name of the LORD be praised."

Job 2:9-10 - His wife said to him, "Are you still maintaining your integrity? Curse God and die!" ¹⁰ He replied, "You are talking like a foolish woman. Shall we accept good from God, and not trouble?"

"Compare what you want with what you have, and you'll be unhappy. Compare what you deserve with what you have, and you'll be happy."

Reflect on the journey.

- Where you were, where you are, who helped you become the person you are today. Who has been there, supported you and encouraged you share your story?

Psalms 30 - I will exalt you, LORD, for you lifted me out of the depths and did not let my enemies gloat over me. ² LORD my God, I called to you for help, and you healed me. ³ You, LORD, brought me up from the realm of the dead; you spared me from going down to the pit. ⁴ Sing the praises of the LORD, you his faithful people; praise his holy name. ⁵ For his anger lasts only a moment, but his favor lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning. ⁶ When I felt secure, I said, "I will never be shaken." ⁷ LORD, when you favored me, you made my royal mountain stand firm; but when you hid your face, I was dismayed. ⁸ To you, LORD, I called; to the Lord I cried for mercy: ⁹ "What is gained if I am silenced, if I go down to the pit? Will the dust praise you? Will it proclaim your faithfulness?" ¹⁰ Hear, LORD, and be merciful to me; LORD, be my help." ¹¹ You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, ¹² that my heart may sing your praises and not be silent. LORD my God, I will praise you forever.

"If you can't be satisfied with what you have received, be thankful for what you have escaped."

Be about something bigger than yourself.

- pray for others/ serve others, get out of your comfort zone, go out of your way to make somebody else's day better.
- Complacency leads to selfishness, serve others, help others, voice your appreciation.

2 Corinthians 4:15-18 - ¹⁵ All this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God. ¹⁶ Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. ¹⁷ For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. ¹⁸ So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

"Imagine struggling with being homeless and someone comes with a camera in your face to give you a meal and you have to take it. Imagine that feeling. Please, stop doing that. If you go to help someone, do it with kindness and not your ego." Jim Carrey

MOVIE CLIP

To be ungrateful is to be petty and shallow.

(Those who have lived the darkest of days, who have had the least seem to be the most content and grateful people in life.)

Best I can figure is that when you've been to a place where God was all you had you realize that He is all you will ever need.

Psalms 50:14-15 NLT Make thankfulness your sacrifice to God and keep the vows you made to the Most High. ¹⁵ Then call on me when you are in trouble, and I will rescue you, and you will give me glory."