

**Fix Your Focus**  
*Associate & Student Pastor Matt Willingham*  
November 26, 2023

---

*Philippians 4:4-7 “Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*

- Whatever gets your ATTENTION, gets your THOUGHTS.
- Whatever gets your THOUGHTS, gets your TIME.
- Whatever gets your TIME, gets your HEART.
- Whatever gets your HEART, gets your SOUL.

**1) THE OCCASION OF GRATITUDE**

*4 Rejoice in the Lord always. I will say it again: Rejoice!*

**2) THE DIRECTION OF GRATITUDE**

*4 Rejoice in the Lord always. I will say it again: Rejoice!*

**3) THE INDICATION OF GRATITUDE**

*5 Let your gentleness be evident to all. The Lord is near.*

**4) THE APPLICATION OF GRATITUDE**

*6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

**5) THE COMPENSATION OF GRATITUDE**

*7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

*8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*