

FULL OF IT
FOR THE HOLIDAYS

TAKING CHRISTMAS CHEER TO A NEW LEVEL

Happiness

What does it mean to be happy?

Are you happy?

Do you want to be happy?

Happy Holidays

Gratitude

Happiness doesn't exist
apart from gratitude.

Happiness doesn't exist
apart from gratitude.

If you want to
be happy, be grateful!

Psalm 107

“Give thanks to the Lord,

Psalm 107:1 NIV

Gratitude allows us to celebrate
and savor the wins in life.

Gratitude helps us outpace
unhealthy, toxic emotions.

Gratitude alters our perspective.

Gratitude increases
our mental fortitude.

Gratitude anchors
us to the present.

Gratitude strengthens
our relationships.

“Give thanks to the Lord, for he is
good;

Psalm 107:1 NIV

God is always good, and
God always does good.
No matter what.

Let the redeemed of the Lord tell
their story—

Psalm 107:2 NIV

Some wandered in desert
wastelands, finding no way to a
city where they could settle.
They were hungry and thirsty, and
their lives ebbed away.

Psalm 107:4-5 NIV

Then they cried out to the Lord in their trouble, and he delivered them from their distress.

Psalm 107:6 NIV

He led them by a straight way to a city where they could settle. Let them **give thanks to the Lord for his unfailing love and his wonderful deeds** for mankind, for he satisfies the thirsty and fills the hungry with good things.

Psalm 107:7-9 NIV

Some sat in darkness, in utter darkness, prisoners suffering in iron chains, **because they** rebelled against God's commands and despised the plans of the Most High.

Psalm 107:10-11 NIV

So he subjected them to **bitter**
labor; they stumbled, and there
was no one to help.

Psalm 107:12 NIV

Then they cried to the Lord in their trouble, and he saved them from their distress. He **brought them out** of darkness, the utter darkness, and **broke away their chains.**

Psalm 107:13-14 NIV

Let them give thanks to the Lord
for his unending love and his
wonderful deeds for mankind,
for he breaks down gates of
bronze and cuts through bars of
iron.

Psalm 107:15-16 NIV

Some became **fools** through their rebellious ways and **suffered** affliction because of their iniquities. They loathed all food and drew near the gates of death.

Psalm 107:17-18 NIV

Then they cried to the Lord in their trouble, and he saved them from their distress. He sent out his word and **healed them; he rescued them from the grave.**

Psalm 107:19-20 NIV

Let them give thanks to the Lord
for his unending love and his
wonderful deeds for mankind.
Let them sacrifice thank offerings
and tell of his works with songs of
joy.

Psalm 107:21-22 NIV

Some went out on the sea in
ships; they were merchants on the
mighty waters.

Psalm 107:23 NIV

For he spoke and stirred up a
tempest that lifted high the waves.
...in their peril their courage
melted away. They **reeled** and
staggered like drunkards; they
were at their **wits' end**.

Psalm 107:25-27 NIV

Then they cried out to the Lord in their trouble, and he brought them out of their distress. He **stilled** the storm to a whisper; the waves of the sea were hushed.

Psalm 107:28-29 NIV

They were glad when it grew calm,
and he guided them to their desired
haven. Let them give thanks to the
Lord for his unfailing love and his
wonderful deeds for mankind.”

Psalm 107:30-31 NIV

God is good because when the storms of life hit, He comes closer to us than the storm ever could.

What's out of our control
is always under his control.

Even when I imprison myself,
He's willing to set me free.

When my wounds are self-inflicted,
He's still willing to heal me.

“Those who are wise will take all
this to heart; they will see in our
history the faithful love of the
LORD.”

Psalm 107:43 NLT

The goodness of God
will be the story of my life.

If you want to make this season
truly wonderful, be grateful.