

## **Bless Before You Stress**

### **Series: Power of Thanks**

Text: Philippians 4:6-19

If we want to see God's hand of provision in our life when we gather around our table at home, we must bless before we stress.

*Take delight in the LORD, and He will give you the desires of your heart.* Psalms 37:4

#### **LEAD WITH THANKSGIVING INSTEAD OF COMPLAINING**

Come to God with your needs through prayer and thanksgiving.

Reject an attitude of complaining. (Philippians 2:14-15)

Focus on the goodness of God.

#### **COMMIT TO CONTENTMENT**

God's strength is the secret behind our contentment.

#### **GOD WILL TAKE CARE OF YOUR NEEDS**

*He prepares a table before me in the presence of my enemies.*  
Psalm 23:5

*Once I was young and now I am old, yet I have never seen the  
godly abandoned or their children begging for bread.* Psalm 37:25