

**PROV 18:21.** “The tongue can bring death or life.”

- Nothing opens doors like \_\_\_\_\_
- Nothing mends relationships like \_\_\_\_\_
- Nothing builds bridges like \_\_\_\_\_

**1 THESS 5:16-18 (NLT).** “Always be joyful. Never stop praying. **Be thankful in all circumstances**, for this is God’s will for you who belong to Christ Jesus.”

**1 THESS 5:16-18 (NIV).** “Rejoice always, pray continually, **give thanks in all circumstances**; for this is God’s will for you in Christ Jesus.”

### THREE COMMAND STATEMENTS

- Present Imperative Verbs = \_\_\_\_\_ stop
- Do them as \_\_\_\_\_ as possible

**PHIL 4:4 (NLT).** “Always be full of joy in the Lord. I say it again—rejoice!”

- The “re” indicates \_\_\_\_\_

### TWO QUESTIONS

1. Are you taking things for \_\_\_\_\_?
2. Are you taking things with \_\_\_\_\_?

**PS 105:1.** “Give thanks to the Lord and proclaim his greatness.”

**COL 3:15.** “Always be thankful.”

**EPH 5:20.** “Give thanks for everything to God the Father in the name of our Lord Jesus Christ.”

**PSA 136:1.** “Give thanks to the Lord, for he is good! His faithful love endures forever.”

### COUNTING YOUR BLESSINGS IS BIBLICAL

**PHIL 4:8.** “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. **Think about things that are excellent and worthy of praise.**”

- “Think” = means to count or make an account of something, take an inventory, add it together and consider the whole of it
- Your focus determines your \_\_\_\_\_
- Gratitude changes our \_\_\_\_\_
- Gratitude changes our \_\_\_\_\_
- Gratitude is the \_\_\_\_\_ between bitter and better
- Gratitude is the \_\_\_\_\_ that keeps on giving
- Gratitude is **NOT** getting what you want, it’s \_\_\_\_\_ what you have
- Delayed gratitude is \_\_\_\_\_
- General gratitude is good, but \_\_\_\_\_ is better
- Gratitude is an \_\_\_\_\_ for what ails us

### APPLICATION

- Since the Bible \_\_\_\_\_ us to be grateful
- Since research \_\_\_\_\_ that gratitude is good for our mental, physical, emotional and spiritual health
- Since gratitude has a \_\_\_\_\_ effect on the people around us
- Get \_\_\_\_\_ at saying **THANK YOU!**

***“If you want to change your life, change your words.”***