



MESSAGE NOTES

The Power of Thankfulness

Philippians 4:6-7

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Philippians 4:6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

1. The importance of being thankful

God knows the power of thankfulness to transform our hearts and to bring us peace, joy and contentment. And He is also able to work most powerfully in our lives when we maintain a thankful heart.

1 Thessalonians 5:18 Give thanks in all circumstances; for this is God's will for you in Christ Jesus.

2. Things to be thankful for

Anything that's good in this life is a gift from God and we can give thanks to Him for it.

James 1:17 Every good and perfect gift is from above, coming down from the Father of the heavenly lights.

We can also give thanks to God for spiritual blessings.

Ephesians 1:3 Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.

3. When we don't feel thankful

No matter how you're feeling or what you're going through, it's never impossible to give thanks. Even when you don't feel thankful you can remind yourself of all the good things God has done for you, give thanks for them one by one and eventually you will begin to feel the gratitude overflowing from your heart.

Philippians 4:7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.