



# MESSAGE NOTES

## Thankfulness Changes All

Philippians 4:6-7

By Loyd Flaherty

### 1. Enhanced Physical Health

**Proverbs 17:22 "A cheerful heart is good medicine, but a crushed spirit dries up the bones!"**

This verse points out that a joyful heart has a positive effect on our physical health.

People who live a life with thankfulness report feeling healthier.

### 2. Improved Mental Health

**Philippians 4:6-7 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."**

This verse emphasizes the role of gratitude in bringing peace and reducing anxiety, which is closely linked to improved mental health.

Gratitude helps in fostering happiness and reducing symptoms of depression by shifting focus to positive aspects of life.

### 3. Stronger Relationships

**1 Thessalonians 5:11 "Therefore encourage one another and build each other up, just as in fact you are doing."**

Expressing thankfulness and appreciation strengthens bonds, fosters trust, and builds a supportive social network, which is key to emotional well-being.

### Conclusion:

**Colossians 3:17 "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him."**

A thankful attitude can completely transform many areas in our lives, leading to a more positive overall experience. Thankfulness shapes our emotions and thoughts, and that also changes what we say and what we do. Thankfulness brings an overflow of God's blessings and contentment in Him.