



# Be Thankful. . . No Matter What

**1 Thessalonians 5:16-18 (NIV)** Rejoice always, pray continually, <sup>18</sup>give thanks in all circumstances; for this is God's will for you in Christ Jesus.

## What do you have to be thankful for?

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**Daniel 6:10 (NIV)** Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.

## When should we give thanks to God?

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**Ephesians 5:17-20 (NIV)** Therefore do not be foolish, but understand what the Lord's will is. <sup>18</sup>Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, <sup>19</sup>speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, <sup>20</sup>always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

## What should be in your heart when you are giving thanks?

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## Have an Attitude of Gratitude!

**Philippians 4:4-8 9NIV)** Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup>Let your gentleness be evident to all. The Lord is near. <sup>6</sup>Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup>And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. <sup>8</sup> Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things.

### Step One: Worry about nothing

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### Step Two: Pray about everything

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### Step Three: Thank God in all things

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### Step Four: Think about the right things

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ATTITUDE!**



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