

"Helping people experience the hope found in a life-changing relationship with Jesus".

Gratitude Pt.2.

Philippians 4:6-7

What is gratitude?

Philippians 4:6-7 NIV

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

"The bridge between ANXIETY and THE PEACE OF GOD....

"Is Prayer with thanksgiving"

Despite being confined, Paul's letter is remarkably positive and filled with expressions of **joy** and **gratitude**.....

God's desire is for you to be an emotional healthy person.

He has giving us the road map in how to be an emotional healthy person

- I. **What to avoid in the process of becoming an emotionally healthy person V.6a**

- II. **Make a better choice. V.6b**

- III. **Just follow the instructions and you will see results. V.7**

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GRATITUDE

four week teaching series

living a
life of
thankfulness



What exactly is gratitude?

- **Gratitude is the quality of being thankful, appreciative, and recognizing the value of what one has.**
- **Gratitude goes beyond a polite "thank you" and involves a deeper sense of appreciation and mindfulness.**

A decorative branch with several round, colorful berries in shades of red, orange, and yellow, positioned on the left side of the image.

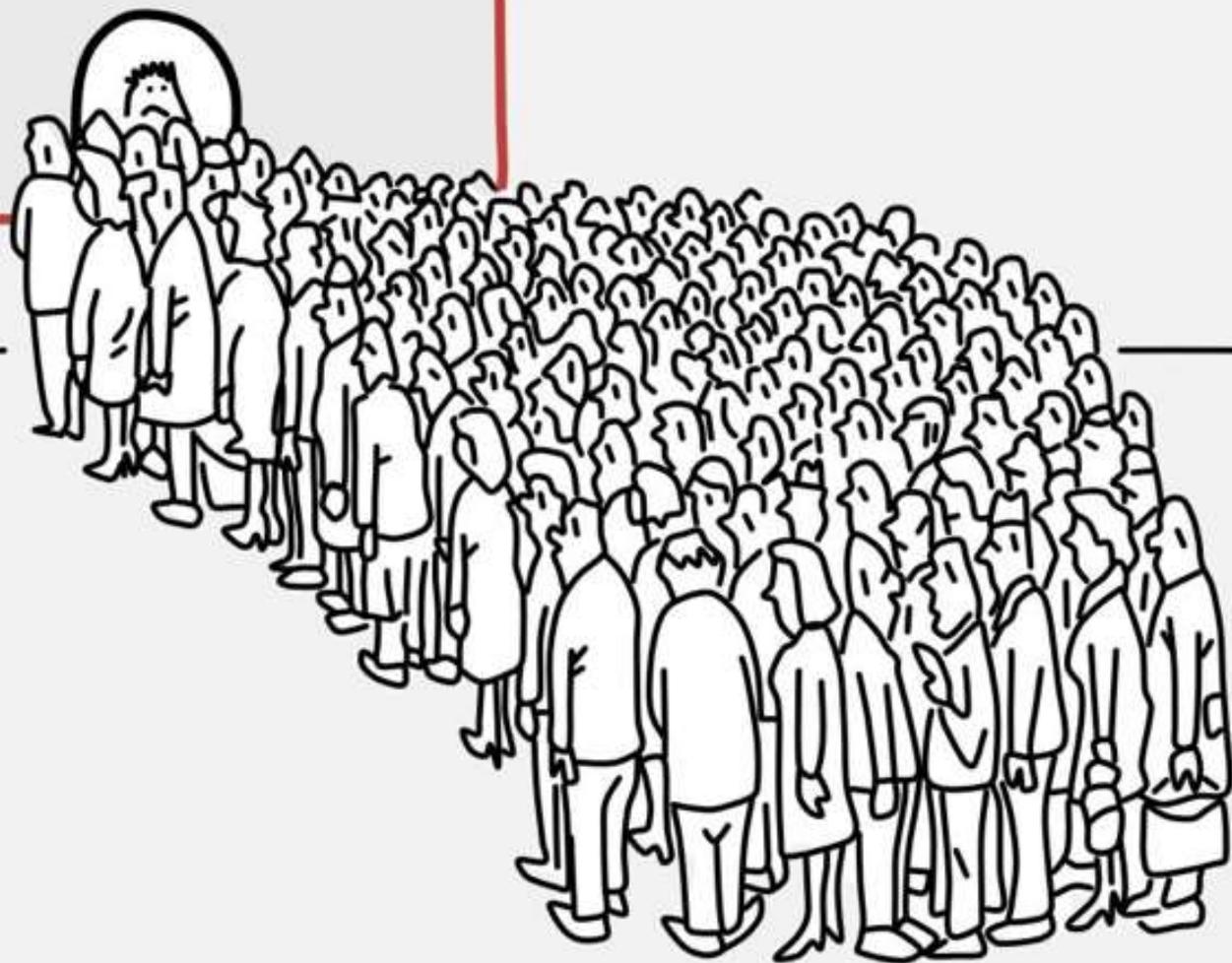
**What is the opposite of
gratitude?**

GRATITUDE
living a life of thankfulness

GRATITUDE



COMPLAINTS



COMPLAINTS

GRATITUDE



Luke 17

Effects of Complaining:

1. Negative Mindset:
2. Stress and Anxiety:
3. Impact on Relationships
4. Health Consequences:
5. Problem-Solving Impairment

Effects of Gratitude:

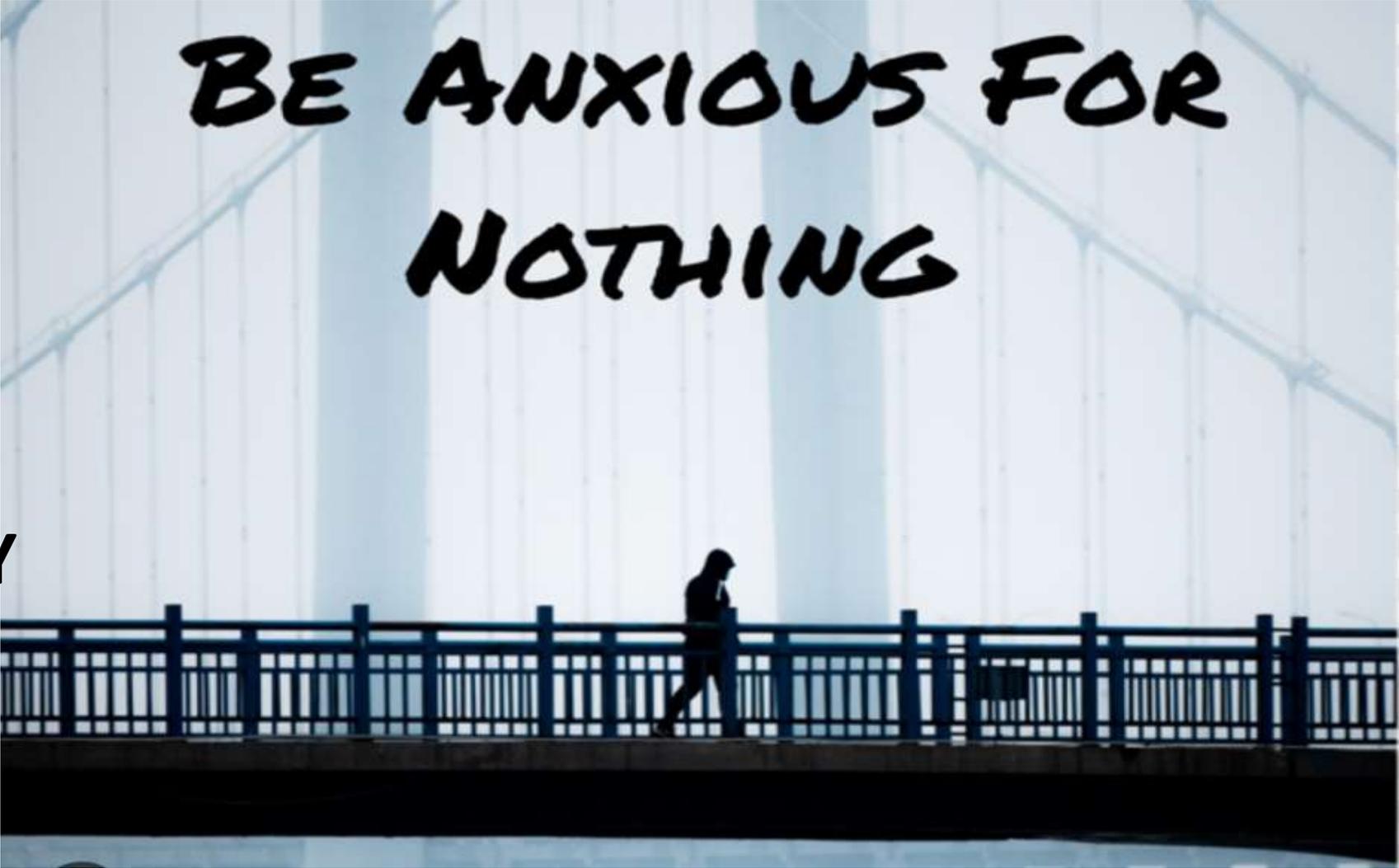
1. Positive Mindset
2. Improved Mental Health
3. Enhanced Relationships
4. Physical Well-Being
5. Increased Resilience

Philippians 4:6-7 NIV

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The bridge between
ANXIETY and **THE PEACE OF GOD**
Is *Prayer with thanksgiving*”

A photograph of a person walking on a bridge railing, silhouetted against a bright, overcast sky. The bridge's cables and towers are visible in the background. The text "BE ANXIOUS FOR NOTHING" is written in a bold, black, hand-drawn font across the top of the image.

**BE ANXIOUS FOR
NOTHING**

ANXIETY

GOD'S PEACE

Prayer and petition, with thanksgiving



I. *What to avoid* in the process of becoming an emotionally healthy person V.6a

- *“Do not be anxious about anything”*



II. Make a *better choice*. V.6b

- *but in every situation, by prayer and petition, with thanksgiving, present your requests to God*

III. Just follow the instructions and you will see results. V.7

- What are the results?

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

Philippians 4:6-7 NIV

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