





Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.



GOD EXPECTS ME TO SHOW HIM GRATITUDE

dbrother coworker of COWORKER boss daughter



Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs.

Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture.





Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.

For the Lord is good and his love endures forever; his faithfulness continues through all generations.





Let them offer sacrifices of thanksgiving and sing joyfully about his glorious acts.



God knows the impact a thankful heart can have on my life.

Get in the habit of looking for God doing something good in your life and thank Him for it.



God expects me to show Him gratitude



DWELLING ON WHAT I DON'T HAVE ROBS ME

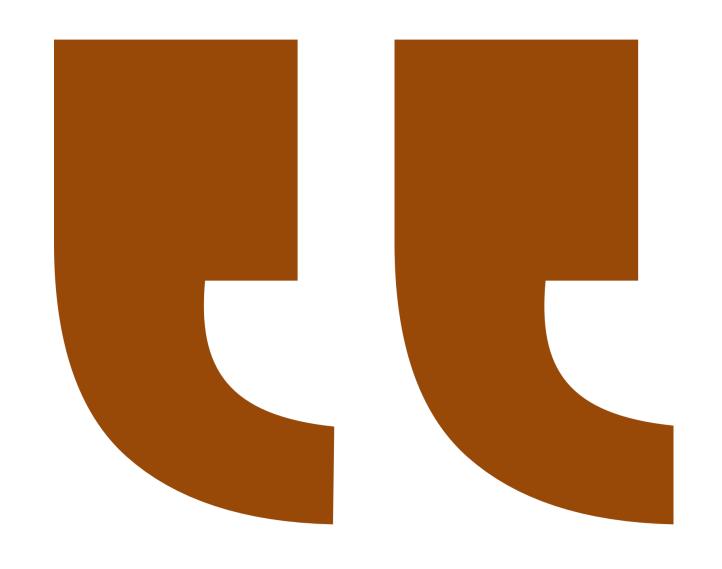
OF JOY



Enjoy what you have rather than desiring what you don't have.

Just dreaming about nice things is meaningless—like chasing the wind.





Wrong thinking leads to wrong feelings.



"You shall not covet your neighbor's house. You shall not covet your neighbor's wife, or his male or female servant, his ox or donkey, or anything that belongs to your neighbor."





Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?"





The woman said to the serpent, "We may eat fruit from the trees in the garden, but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'"





"You will not certainly die," the serpent said to the woman. "For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil."





When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.



Adam and Eve's lives were destroyed because Satan was able to get them to focus on what they didn't have instead of appreciating what God had given them!

- God expects me to show Him gratitude
- Dwelling on what I don't have robs me of joy



GRATITUDE TURNS WHATEVER I HAVE INTO

ENOUGH



... I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything.

I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.





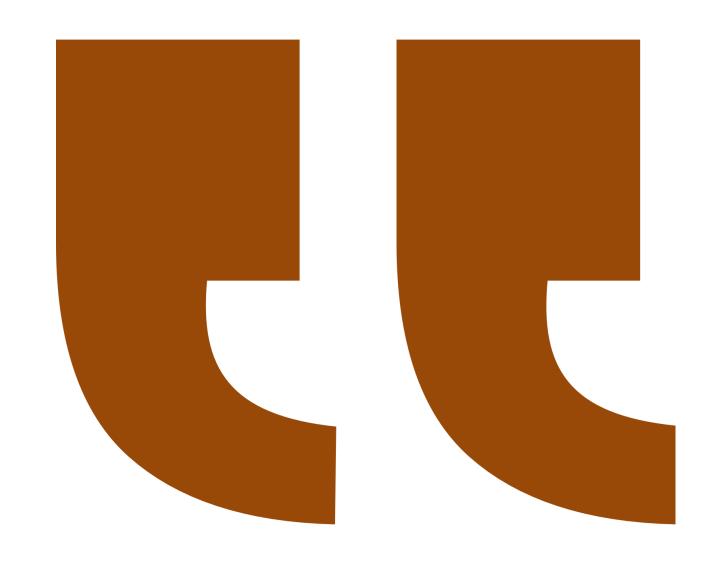
For I can do everything through Christ, who gives me strength.





Let all that I am praise the Lord; may I never forget the good things he does for me. He forgives all my sins and heals all my diseases. He redeems me from death and crowns me with love and tender mercies. He fills my life with good things...





An attitude of gratitude is life changing.

- God expects me to show Him gratitude
- Dwelling on what I don't have robs me of joy
- Gratitude turns whatever I have into enough



A THANKFUL HEART RELIEVES ANXIETY



... be filled with the Spirit speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.





Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.





Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.





The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.



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. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.





Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.



God expects me to show Him gratitude

Dwelling on what I don't have robs me of joy

Gratitude turns whatever I have into enough

A thankful heart relieves anxiety

