

GRATITUDE

Philippians 4:1

1 Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends!

This is Paul's desire for how the Christians would live, this is how

_____.

Philippians 4:11-13

11 I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. **13 I can do all this through him who gives me strength.**

We should know that regardless of our _____

we can _____!

There is a _____.

Philippians 4:4-5

4 Rejoice in the Lord always [delight, take pleasure in Him]; again I will say, rejoice! 5 Let your gentle spirit [your graciousness, unselfishness, mercy, tolerance, and patience] be known to all people. The Lord is near.

It takes _____.

It takes _____.

It is _____.

There is a _____.

Philippians 4:6-7

6 Do not be anxious or worried about anything, but in everything [every circumstance and situation] by prayer and petition with thanksgiving,

continue to make your [specific] requests known to God. 7 And the peace of God [that peace which reassures the heart, that peace] which transcends all understanding, [that peace which] stands guard over your hearts and your minds in Christ Jesus [is yours].

_____.

When we practice gratefulness, we experience the _____.

When we train our mind to focus on what we are grateful for-

Philippians 4:8-9

8 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything, worthy of praise, dwell on these things. 9 The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

What is true-

What is honorable-

What is right-

What is pure-

What is lovely-

What is good-

What is excellent-

When we train our minds to focus on what we are grateful for, we take a step in winning the Battle for Our Minds.