

PENINSULA CHRISTIAN FELLOWSHIP

Building an Attitude of Thankfulness Philippians 4:4-9

We have all learned there are many things that we cannot control in life, however, the thing we can control is our attitude

Our attitude dictates in how we respond in situations

My recent stinky attitude

Redemption in worship

Social Media – daily sharing what you are thankful for

So should this be a regular thing or a November thing?

How would we do this in our regular day?

Philippians 4:4-9

The command – Always be Joyful!

v.4) Always be full of joy in the Lord. I say it again—rejoice!

Life can be hard, but remember the Lord helps us in a lot of ways.

Joyful is more than just happy

But how do we do this Always?

Habit #1

Trade worry for prayer

v.6) Don't worry about anything; instead, **pray** about everything. **Tell** God what you need, and **thank** him for all He has done.

Pray – about everything

Tell – God what you need

Thank – Him for all He has done

As our communication changes so does our attitude. Thankfulness begins to take root

Reward #1

v.7) 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.

Habit #2

Focus on the Good

Focusing on the good will happen as you thank Him daily.

Begin to focus and look for the following.

v.8) 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**.

Reward #2

As our focus changes so does our attitude. We begin to turn towards the life-giving thoughts regularly

Final Habit

Practice & Practice

v.9) Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing.

Practice what you have seen

Practice what you have heard

Final Reward

v.9) The God of peace will be with you

How will you practice this starting today?