

Give Thanks

Cultivating Gratitude In Every Season

Worry Less, Thank More

Philippians 4:6-7

Sermon Notes | Jeff Randleman | November 10, 2024



Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

– Philippians 4:6-7 (ESV)

How Gratitude Impacts Our Spiritual Formation:

Gratitude _____ from Problems to God’s Provision.

Apply It: Add a time of thankfulness to your prayers.

Gratitude _____ in Light of God’s Faithfulness.

Apply It: Keeping a record of answered prayers, blessings, and moments of God’s faithfulness.

Gratitude _____ in Our Hearts and Minds.

Apply It: "Popcorn prayers" -- Spontaneous short prayers of thankfulness throughout your day.

Gratitude _____ for the Future.

Apply It: Make gratitude a daily habit, even in the difficult moments.

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Matters for Reflection and Discussion:

1. How do you typically respond to worry or anxiety in your life? In what ways has worry affected your peace and joy?
2. In Philippians 4:6-7, Paul says to bring our requests to God "with thanksgiving." Why do you think gratitude is an important part of prayer when we're feeling anxious?
3. Discuss a time when gratitude helped you shift your focus from a problem to God's provision. How did this change your outlook or attitude?
4. Lamentations 3:22-23 speaks of God's mercies being "new every morning." How can recalling God's past faithfulness help us when facing current worries or challenges?
5. In Colossians 3:15, Paul links peace and thankfulness. Why do you think gratitude opens us up to God's peace? How have you experienced this peace through thankfulness?
6. What does it mean to "give thanks in all circumstances," as Paul writes in 1 Thessalonians 5:18? How might practicing gratitude in difficult times build resilience and strengthen faith?
7. What practical steps can we take to make gratitude a daily habit, especially when we're facing anxiety or stress? Which of these steps could you commit to this week?
8. Take some time right now and make a list of as many things as you can think of that you are thankful for.