

“BEING THANKFUL IN TOUGH TIMES”

Introduction: Toughest time of the year _____ to _____.

Philippians 4:4 (NLT) “Always be full of joy in the Lord...”

- The Lord’s Supper is called “Meal of _____.”

Philippians 4: 6-9 (NIV) “Don’t be anxious about anything, but in everything by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus. Finally, whatever is true and noble, and right, and pure, and lovely, and admirable... think about such things and the God of peace will be with you.”

FOUR KEYS TO SURVIVING TOUGH TIMES

STEP #1. _____ ABOUT NOTHING

Philippians 4:6(a) (Amplified New Testament) “Do not fret or have any anxiety about anything.”

- Smithsonian Institute magazine: We live in the Age of _____.
- Five facts about worry.
 1. _____% of worry concern the past.
 2. _____% of worry are things that are not going to happen.
 3. _____% of worry are needless health concerns.
 4. _____% of worry are petty issues.
 5. _____% of worry is legitimate.
- Worry is stewing without _____.
- Key to unlearn about worry: Live _____ at a time.

Matthew 6:34 (NIV) “Therefore do not worry about tomorrow for tomorrow will worry about itself.”

STEP #2. _____ ABOUT EVERYTHING

Philippians 4:6(b) (Amplified New Testament) “In everything by prayer and petition... make your wants known to God.”

Philippians 4:6(b) (Phillip’s) “When you pray tell God every detail of your life.”

- “I just don’t have _____ to pray.”

I Peter 5:7 (Phillips) “Unload all your worries on Him since He is looking after you.”

- Live on the average 5.7 years longer by _____.

STEP #3. _____ GOD IN ALL THINGS

Philippians 4:6(c) (TEV) "Always asking Him with a thankful heart

- The healthiest emotion is _____.

I Thessalonians 5:18 (NIV) "Give thanks in all circumstances for this is God's will for you in Christ Jesus."

- Key: Even out of bad God can bring _____.
- Book: "_____ Through Divorce."

STEP #4. _____ ABOUT THE RIGHT THINGS

Philippians 4:8 (TEV) "Fill your minds with those things that are good and that deserve praise: things that are true, noble, right, pure, lovely, and honorable.

- Garbage in, garbage _____.
- The way you _____ determines the way you _____. And the way you _____ determines the way you _____.
- "Fill your minds means you _____.

CONCLUSION:

Philippians 4:7 (LB) "If you do this you will experience God's peace which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your heart quiet and at rest as you trust in Christ Jesus."

- "Keep" is a Greek military term: _____ will guard your mind.