



Title | Thanksgiving Therapy
Series | —
Text | Philippians 4:6-7
By | Bob Kerrey
Date | November 24, 2019

Sermon Notes

Philippians 4:6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. **7** And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. *NASB*

Big Idea:

Text questions during the sermon: 623-850-8809

Philippians 4:6

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. *NASB*

For Reflection & Application:

Monday:

Read Philippians 4:6-7. List the specific people in your life for whom you are thankful along with reasons why you are thankful for them. Listen to Cindy Morgan, "How Could I Ask For More?" <https://www.youtube.com/watch?v=NkEnQCfz-Bw> .

Tuesday:

Read 1 Thessalonians 5:16-18. List the material things and opportunities you've been given for which you're thankful. Listen to JJ Heller, "Your Hands" at <http://www.youtube.com/watch?v=w-F6DGGF4Qs> .

Wednesday:

Read Psalm 46:10. List the spiritual realities that God has brought into your life for which you are thankful. Listen: Steven Curtis Chapman, "Be Still" at <http://www.youtube.com/watch?v=C01LxEo3xM> .

Thursday:

Read Psalm 92:1-5. List all the ways that God is good for which you are thankful. Listen to Steven Curtis Chapman, "Jesus Will Meet You There" at <http://www.youtube.com/watch?v=vZ4hgfnhRvY> .

Friday:

Read Romans 8:31-39. List all God's assurances of future blessings for you for which you are thankful. Listen to Hillsong, "Worthy Is The Lamb" at <https://www.youtube.com/watch?v=V-cd5prE4f0> .

Daily Prayer:

Lord, help me through the hardships I face. Renew my mind as I prayerfully give thanks to you for all that you are and all that I have in you. I give thanks today for these specific things . . . Amen.