

Habits of Happiness – Remembering to Say Thanks

Saying thanks regularly and frequently _____

I thank my God every time I remember you. **Philippians 1 v 3 NIV**

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. **Philippians 4 v 6 NLT**

How I praise the Lord that you are concerned about me again. I know you have always been concerned for me, but you didn't have the chance to help me. **Philippians 4 v 10 NLT**

This really is _____

1. Give thanks _____

2. Give thanks _____

Ephesians 5 v 20 NIV - always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

Including _____

3. Give thanks even when _____

1 Thessalonians 5:18 NLT - Be thankful in all circumstances, for this is God's will for you

Helps develop our _____

4. Give thanks _____

The benefits of being thankful : Giving thanks ...

1. makes us _____

2. helps overcome _____

3. improves our _____

4. _____

5. makes us more _____

6. improves _____

7. helps us to _____

How to give thanks

1. _____

2. _____

3. _____

4. _____

5. _____

Luke 22:19 NLT - Jesus took some bread and gave thanks to God for it. Then he broke it in pieces and gave it to the disciples, saying, "This is my body, which is given for you. Do this in remembrance of me."

Colossians 2 v 7 NIV - overflowing with thankfulness

Additional Notes