

"The one thing you cannot take from me is the way I choose to respond to what you do to me. The last of one's freedoms is to choose one's attitude in any given circumstance." Victor Frankl

GOD CHOOSES *what* WE GO THROUGH;
WE CHOOSE *how* WE GO THROUGH IT.

The Ability to Change

We are not the same person today that we were yesterday. And we will not be the same person tomorrow that we are today. Thank God, with our cooperation, He is changing us!

THE FOUNTAINHEAD FOR *Productive Change*

To choose to be grateful in all things.

"Give thanks in all circumstances; for this is God's will for you."

1 THESSALONIANS 5:18

Choosing to be grateful unleashes God's power to redeem our circumstance, good or bad, which in turn unleashes divine potential to change us.

"You simply won't be the same person two months from now after consciously giving thanks each day for the abundance that exists in your life. And you will have set in motion an ancient spiritual law: the more you have and are grateful for, the more will be given you."

Sarah Ban Breathnach

The Gratitude Attitude

"Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And **be thankful**. Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God **with gratitude** in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, **giving thanks** to God the Father through him." (Colossians 3:15-17)

The peace of Christ

Spiritual security in an eternal God
plus emotional stability in an
unstable world.

"Rule"

To umpire; God's peace makes
the final call between our
emotions and circumstances.



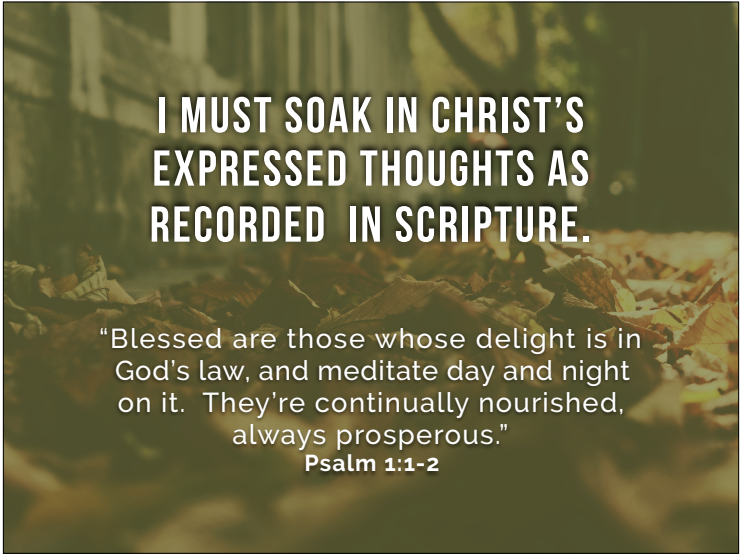
THE GRATITUDE ATTITUDE

"Let the word of Christ dwell in you richly."

VERSE 16

1

PERCEIVING: I NURTURE AN ATTITUDE
OF GRATITUDE BY PERCEIVING LIFE
THROUGH GOD'S WORD.



**I MUST SOAK IN CHRIST'S
EXPRESSED THOUGHTS AS
RECORDED IN SCRIPTURE.**

*"Blessed are those whose delight is in
God's law, and meditate day and night
on it. They're continually nourished,
always prosperous."*

Psalms 1:1-2



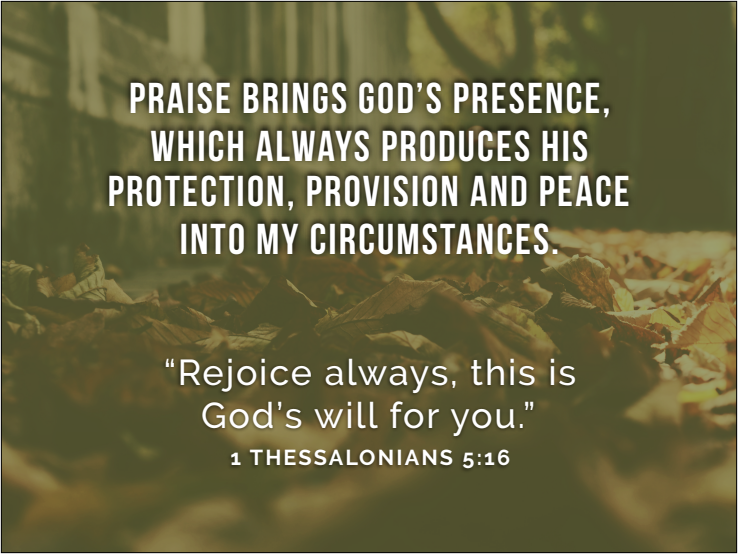
THE GRATITUDE ATTITUDE

"Sing psalms, hymns and spiritual songs."

VERSE 16

2

PRAISING: I NURTURE AN ATTITUDE
OF GRATITUDE BY PRAISING GOD IN
ALL MY CIRCUMSTANCES.



PRAISE BRINGS GOD'S PRESENCE,
WHICH ALWAYS PRODUCES HIS
PROTECTION, PROVISION AND PEACE
INTO MY CIRCUMSTANCES.

"Rejoice always, this is
God's will for you."

1 THESSALONIANS 5:16



THE GRATITUDE ATTITUDE

*"Whatever you do, whether in word or deed,
do it all in the name of the Lord."*

VERSE 17

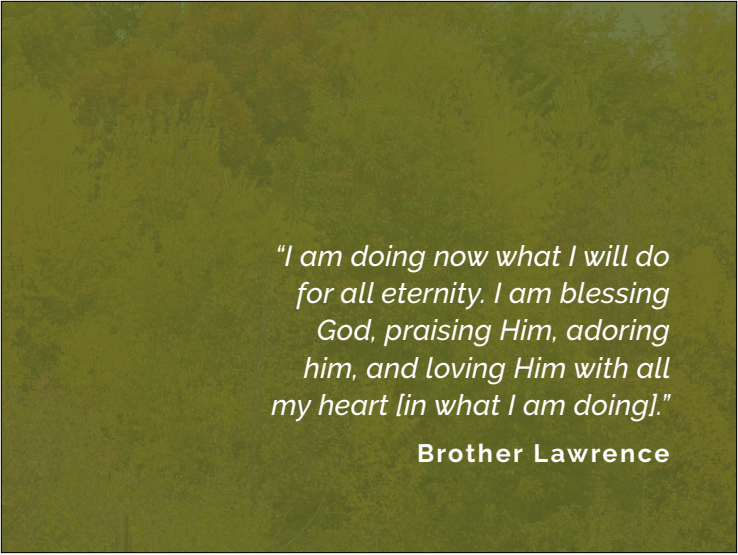
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PERFORMING: I NURTURE AN ATTITUDE
OF GRATITUDE BY PERFORMING ALL OF
MY DUTIES IN THE NAME OF GOD.



*"God's work done in God's way never
lacks God's provision."*

Hudson Taylor



*"I am doing now what I will do
for all eternity. I am blessing
God, praising Him, adoring
him, and loving Him with all
my heart in what I am doing!"*

Brother Lawrence

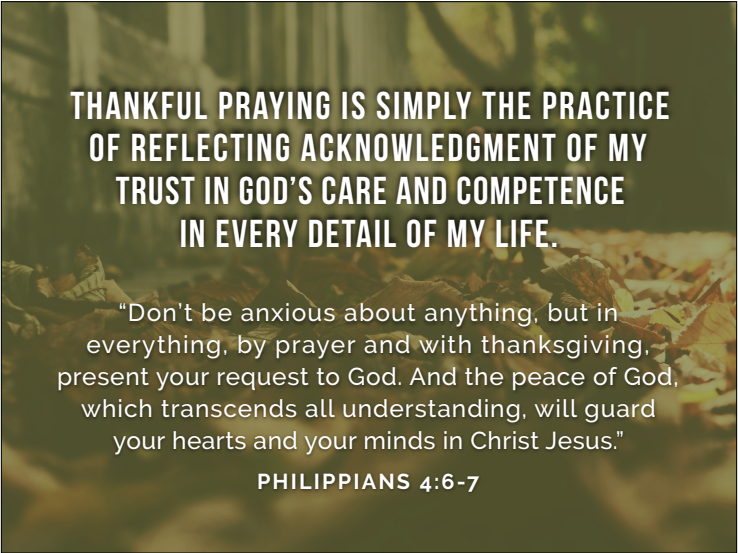


THE GRATITUDE ATTITUDE

*"Be thankful" (v. 15); "with gratitude
in your hearts to God" (v. 16);
"giving thanks to God" (v. 17).*

4

**PRAYING: I NURTURE AN ATTITUDE
OF GRATITUDE BY PRAYING
THANKFULLY TO GOD.**



**THANKFUL PRAYING IS SIMPLY THE PRACTICE
OF REFLECTING ACKNOWLEDGMENT OF MY
TRUST IN GOD'S CARE AND COMPETENCE
IN EVERY DETAIL OF MY LIFE.**

*"Don't be anxious about anything, but in
everything, by prayer and with thanksgiving,
present your request to God. And the peace of God,
which transcends all understanding, will guard
your hearts and your minds in Christ Jesus."*

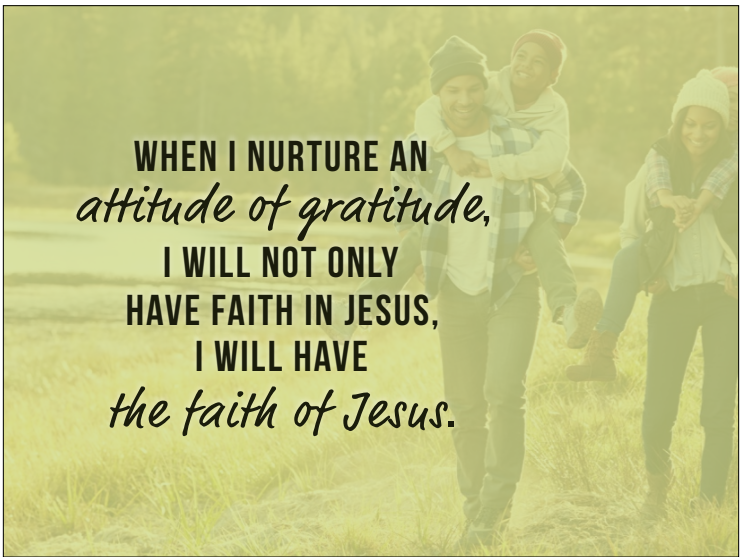
PHILIPPIANS 4:6-7

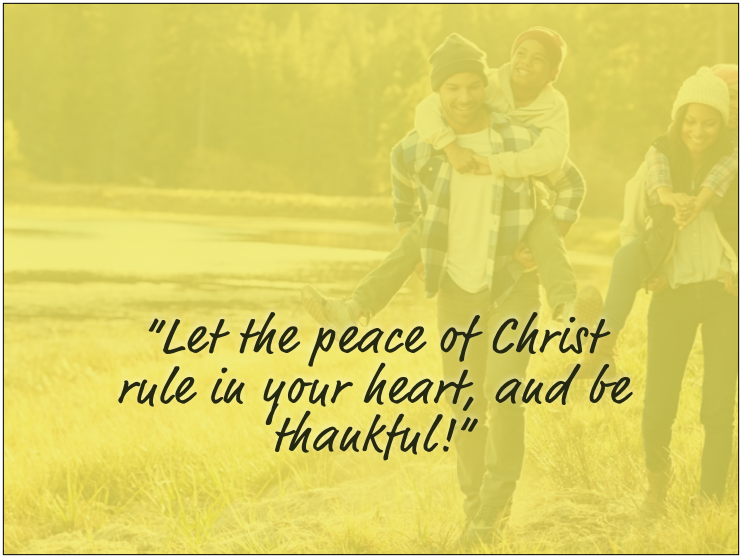
"The peace of God is the settled assurance that because of God's care and competence, this world is perfectly safe for me, even though it doesn't always seem so."

Dallas Willard



WHEN I NURTURE AN
attitude of gratitude,
I WILL NOT ONLY
HAVE FAITH IN JESUS,
I WILL HAVE
the faith of Jesus.





*"Let the peace of Christ
rule in your heart, and be
thankful!"*