

1 Thessalonians 5:16-18 (ICB)

Always be happy. Never stop praying. Give thanks whatever happens. That is what God wants for you in Christ Jesus.

2 Irrefutable Reasons to be Thankful:

- God is good all the time.
- God's love is <u>constant</u> and <u>eternal</u>.

How to Stay Thankful From the Holidays Forward:

Colossians 3:15-17 (ICB)

Let the peace that Christ gives control your thinking. You were all called together in one body to have peace. Always be thankful. Let the teaching of Christ live in you richly. Use all wisdom to teach and strengthen each other. Sing psalms, hymns, and spiritual songs with thankfulness in your hearts to God. Everything you say and everything you do should all be done for Jesus your Lord. And in all you do, give thanks to God the Father through Jesus.



Let Christ control your every thought.

Colossians 3:15a (ICB)

Let the peace that Christ gives control your thinking.

2 Corinthians 5:21 (ICB)

God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

John 1:14, 16-17 (ICB)

The Word became a man and lived among us. We saw his glory—the glory that belongs to the only Son of the Father. The Word was full of grace and truth... The Word was full of grace and truth. From him we all received more and more blessings. The law was given through Moses, but grace and truth came through Jesus Christ.

Thoughtful Tips for Thinking Right

• Surround yourself with positive reminders.

(Resist thoughts of entitlement, repeated negativity, and comparison)

• Memorize scripture and inspirational words.

(Refocus on what makes you appreciative and content)



Reflect peace everywhere I go.

Colossians 3:15b

You were all called together in one body to have peace.

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Hebrews 13:15-17 (ICB)

So through Jesus let us always offer our sacrifice to God. This sacrifice is our praise, coming from lips that speak his name. Do not forget to do good to others. And share with them what you have. These are the sacrifices that please God. Obey your leaders and be under their authority. These men are watching you because they are responsible for your souls. Obey them so that they will do this work with joy, not sadness. It will not help you to make their work hard.

John 14:27 (ICB)

"I leave you in peace. My peace I give you. I do not give it to you as the world does. So don't let your hearts be troubled. Don't be afraid."

Tips for Reflecting Peace

- Learn to live in the moment.
- Watch your words.
- Touch someone's life meaningfully.



Pour my whole heart into weekend worship.

Tips for Getting the Most Out of Worship

- Forget what others think and <u>participate</u>.
- Forgive your past and move forward.



Focus on Jesus and find the joy of Christmas.

Colossians 3:17 (ICB)

Everything you say and everything you do should all be done for Jesus your Lord. And in all you do, give thanks to God the Father through Jesus.

John 3:16, 17 (ICB)

For God loved the world so much that he gave his only Son. God gave his Son so that whoever believes in him may not be lost, but have eternal life... God did not send his Son into the world to judge the world guilty, but to save the world through him.

Tips for Refocusing on Jesus

- Refuse to <u>compare</u> myself with anyone.
- Appreciate what I have and be content.

Philippians 4:11-13 (ICB)

I am telling you this, but it is not because I need anything. I have learned to be satisfied with the things I have and with everything that happens. I know how to live when I am poor. And I know how to live when I have plenty. I have learned the secret of being happy at any time in everything that happens. I have learned to be happy when I have enough to eat and when I do not have enough to eat. I have learned to be happy when I have all that I need and when I do not have the things I need. I can do all things through Christ because he gives me strength.



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