

THE GATEWAY OF THANKFULNESS

November 21, 2021 Colossians 3:15-17 by Bob Branch

BIG IDEA: Adopt the habit of thankfulness and mental health and quality of life will follow.

“Let joy be your continual feast. Make your life a prayer. And in the midst of everything be always giving thanks, for this is God's perfect plan for you in Christ Jesus.” **1**

Thessalonians 5:16-18 “TPT

eulogéō; bless, speak well of.

Luke 2:28 “he took him up in his arms and blessed God”
ESV (24:53; James 3:9)

exomologéō; confess, admit, express agreement.

“He rejoiced in the Holy Spirit & said, “I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; yes, Father, for such was your gracious will.” **Luke 10:21** (Jas. 1:16-17)

charis; Gratitude, thanks, grace; joy *chara*.

“But *thanks* be to God! He gives us the victory through our Lord Jesus Christ.” **1 Corinthians 15:57** (Eph. 2:8)

eucharistía; gratitude, thankfulness, thanksgivings, grateful words spoken.

“Don't worry about anything, but in every-thing, through prayer and petition with thanksgiving, present your requests to God.” **Philippians 4:6** CSB (2 Cor. 9:11-12)

eucharistéō; thankful, speak well of any good experience/ something/someone. **JOYFUL THANKS.**

“And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. ¹⁶ Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. ¹⁷ And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him. **Colossians 3:15-17**

- **God's peace & thankfulness WORK together.**
- **God's TRUTH takes root in us thru gratitude-singing.**
- **Gratitude should PERMEATE everything about us.**

“give thanks in all circumstances, for this is God's will for you in Christ Jesus.” **1 Thessalonians 5:18**

1. **To access continuous joy, _____.**
2. _____ **from Complaining.**
3. **Make Gratitude a _____.**

Think of **1 thing/person/day** & express thanks to God

For-To What **God** has done and Who he is.

For-To **People** in your life (near/far; now/before)

To **God** for **Yourself** & how he's made you. (Ps. 139:14)