



The Power of Thanksgiving

Philippians 4:4-9



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⁴ Rejoice in the Lord always; again I will say, rejoice. ⁵ Let your reasonableness be known to everyone.

The Lord is at hand; ⁶ do not be anxious about anything, but in everything by prayer & supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts & your minds in Christ Jesus.



Philippians 4:4-9

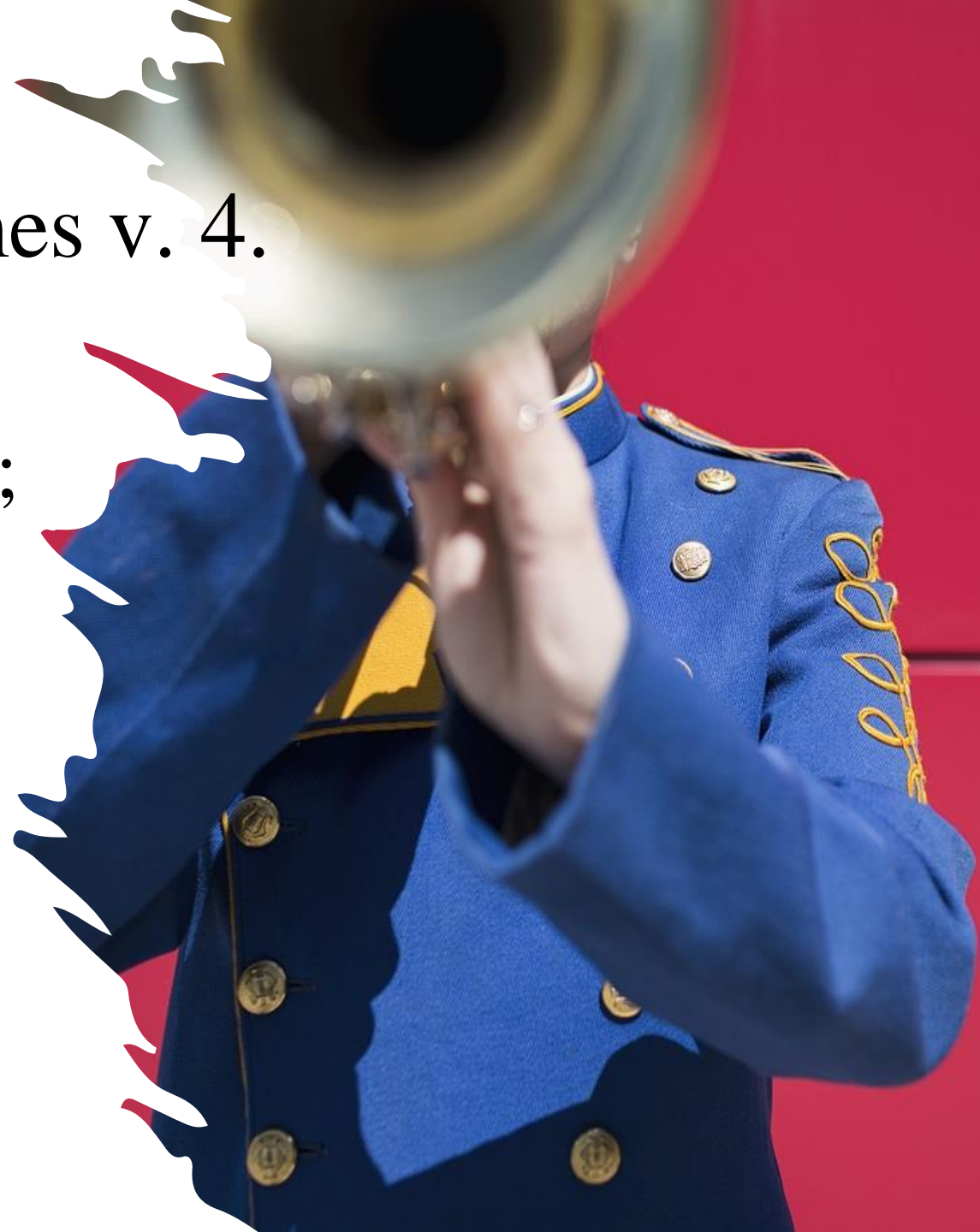
⁸ Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. ⁹ What you have learned & received & heard & seen in me—practice these things, and the God of peace will be with you.



I. Rejoice in the Lord at All Times v. 4.

⁴ Rejoice in the Lord always;
again I will say, rejoice.

- A. The Lord graciously saved us even though we deserved judgment.
- B. Jesus took our penalty for us.
- C. Rejoice!



II. Be Known for Your Gentle and Reasonable Character v. 5.

⁵ Let your reasonableness be known to everyone. The Lord is at hand;

When the Lord returns, He will make all things right!

III. Bring Your Anxiety Causing Concerns to the Lord in Prayer v. 6-7.

⁶ do not be anxious about anything, 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 understanding, will guard your hearts and your minds in Christ Jesus.

- A. **Anxiety:** fear, unease, or worry, particularly about an imminent event or an uncertain outcome.
- B. Trusting God eases anxiety about the future.

IV. Remember the Things that You Thank God for & Focus on Them v. 8.

⁸ Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

- a. Noticing & focusing on our blessings leads to thanksgiving.
- b. Thanksgiving is a powerful antidote for anxiety.

V. Following Paul's Example During Difficult Days Produces Peace v. 9.

⁹ What you have learned and received & heard & seen in me—practice these things, and the God of peace will be with you.

a. Paul's example was to focus on the reasons he had to rejoice & thank God (Philippians 1:3; 1:18; 2:17-18; 2:19).

b. Thanking God for His work is a powerful antidote to anxiety.

c. Giving thanks brings peace rather than anxiety & it empowers us to respond effectively to the challenges we face each day.

