

“Anxiety Goes Down as Thanksgiving Goes Up”

Philippians 4:6

Do not be anxious about **anything**....

Philippians 4:4-8 NIV

Rejoice in the Lord always. I will say it again: **Rejoice!** Let your gentleness be evident to all. **The Lord is near. Do not be anxious** about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And **the peace of God**, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—**if anything is excellent or praiseworthy—think about such things.**

“Anxiety Goes Down as Thanksgiving Goes Up”

THANKSGIVING

C

A

L

M

C-**elebrate**

A-**sk**

L-**ist**

M- **come back and find out**

“Anxiety Goes Down as **Thanksgiving** Goes Up”

Gratitude and anxiety cannot coexist.

Why? Because you can't live in the world of what **if** and live in the world of **already** at the same time.

Anxiety is about a **future** fear. Gratitude is about a present blessing going on right **now**.

Monk Steindle-Rast

“Happiness does not make you **grateful**. It is gratefulness that makes you **happy**.”

Greek word for gratitude: **Eucharistias**

Eucharist- the Lord's Supper

Charis- grace

Chara- joy

Grace is what you **receive**.

Joy is what you **experience**.

Gratitude is what you **give**.

“As you go through life make this your goal, look at the **doughnut** and not the hole.”

Make a **LIST**

“Anxiety Goes Down as Thanksgiving Goes Up”

Presented by Pastor David Bellows

Christ's Church of Marion County

March 15, 2020

Page 2 of 3

Jesus modeled **baptism**.

Matthew 3:13-17 NIV

Then Jesus came from Galilee to the Jordan to be baptized by John. But John tried to deter him, saying, “I need to be baptized by you, and do you come to me?” Jesus replied, “Let it be so now; it is proper for us to do this to fulfill all righteousness.” Then John consented. As soon as Jesus was baptized, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him. And a voice from heaven said, “This is my Son, whom I love; with him I am well pleased.”

Grace is what you **receive**.

Joy is what you **experience**.

Gratitude is what you **give**.

“Anxiety Goes Down as Thanksgiving Goes Up”

Presented by Pastor David Bellows

Christ’s Church of Marion County

March 15, 2020

Page 3 of 3