



## **WELCOME!**

We are glad you are joining us.

**November 19, 2023**

Worship Team led by David Dillon

Message by Karl Helvig

Prayer Focus: Gratitude

**Gratitude Always**

**Give Thanks in All Circumstances**

**Text: 1 Thessalonians 5:16-18**

Gratitude is powerful.

**Psalms 95:2, Psalm 106:1, Ephesians 1:16, Philippians 4:6**

**1 Thessalonians 5:12-18**

Give thanks in all circumstances:

### **GIVE THANKS WHEN LIFE IS GOOD**

**Psalm 51:10-12**

Be grateful when life is good, because ingratitude poisons the heart.

### **GIVE THANKS WHEN LIFE IS COMPLICATED**

“It is easier for humans to be miserable than it is for them to be happy.” Andrew Huberman

“The practice of gratitude makes it easier for us to experience happiness.” Andrew Huberman

Give thanks when life is complicated, because gratitude changes how you interpret the complicated world around you, and brings you more joy.

### **GIVE THANKS WHEN LIFE IS PAINFUL**

Receiving gratitude from others.

Experience other people expressing gratitude.

Because without gratitude we are more likely to despair, and because someone else needs your gratitude too.

### **YOUR MOVE**

Share stories about profound expressions of gratitude.

Give others the gift of your gratitude.

Let your own gratitude grow from the fullness of these practices.