

MY NEXT STEP TODAY IS:

- I will memorize **1 Thessalonians 5:18 (NIV)**
- I will accept Christ for the first time
- I will join the New Life church family
- I will attend the rest of this sermon series(only 2 weeks)
- I will write out my prayers in detail
- I will thank God for three different things every day for the next seven days

Join us on our **Prayer Line** by calling (712)832-7030. Enter access code, 1919#. The prayer line is **open daily from 6am-7am CST.**

2 Online Live Streaming Services Available:

Visit us at www.newlifeestl.org, [Facebook](#), [Twitter](#) or [YouTube Channel](#)(New Life Community Church East St. Louis)

Saturday

6:00pm

Sunday

11:00am

Please scan the QR codes below to access the connection card and giving link:



Connection Card



Giving Code

THANK YOU!

THE POWER OF A
GRATEFUL LIFE

Kendall Granger, Lead Pastor

Part 2 of 4, pastor@newlifeestl.com

"Always be full of joy in the Lord. I say it again—rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise." **Philippians 4:4–8 (NLT)**

"May you always be joyful in your life in the Lord."
Philippians 4:4 (GN)

STEP ONE: _____ ABOUT NOTHING!

"Don't worry about anything."

Philippians 4:6a (NLT)

THE FACTS ABOUT WORRY:

- _____% never happen
- _____% concern the past
- _____% needless health concerns
- _____% insignificant/petty issues
- _____% are legitimate concerns

BEING THANKFUL DURING THE TOUGH TIMES

"So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."

Matthew 6:34 (NLT)

KEY: LIVE ONE _____ AT A TIME

STEP TWO: _____ ABOUT EVERYTHING.

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." **Philippians 4:6 (NIV)**

"Petition": A _____, _____, DIRECT PRAYER

"...You do not have, because you do not ask God."

James 4:2 (NIV)

**INSIGHT: NO PROBLEM IS TOO _____ OR
TOO _____ TO WORRY ABOUT**

STEP THREE: _____ IN ALL THINGS.

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." **Philippians 4:6 (NIV)**

MEMORY VERSE: *Give thanks in all circumstances; for this is God's will for you in Christ Jesus.*

1 Thessalonians 5:18 (NIV)

**INSIGHT: YOU CAN ALWAYS BE THANKFUL
FOR _____**

STEP FOUR: _____ THE RIGHT THINGS.

"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."

Philippians 4:8 (NIV)

"As a man thinks in his heart, so is he." **Proverbs 23:7 (KJV)**

THE RESULT:

"If you do this, you will experience, God's Peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your heart quiet and at rest as you trust in Christ Jesus." **Philippians 4:7 (LB)**

**THE ROOT CAUSE OF STRESS: THE WAY I
CHOOSE TO _____.**