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Change My Attitude Workshop

w/ Andy Weeks
August 16th and 23rd

Definition Review

- **Attitude** - A Pattern of thinking formed over a long period of time.
- **Complaining** - “Complaining is expressing dissatisfaction with a circumstance that is not wrong and about which I’m doing nothing to correct.”

- **Ruminate** - to go over in the mind repeatedly and often casually or slowly

Review on Thanksgiving

Psalm 107:1-2, 15: Give thanks to the Lord, for he is good! His faithful love endures forever. Has the Lord redeemed you? Then speak out! Tell others he has redeemed you from your enemies. Let them give thanks to the LORD for His lovingkindness...

**Complaining**
Complaining is an attitude choice that if left unchecked will wither my capacity to experience joy and genuine thankfulness.

**Top 10 reasons why constant complaining is so toxic**

1. It makes things look worse than they are
2. It becomes a habit
3. You get what you focus on
4. It leads to one downmanship
5. It makes people despondent
6. It kills Faith and Thanksgiving
7. It favors negative people (Korah, Dathan and even Miriam)
8. It promotes bad relationships
9. It creates divisions in the Body
10. It is literally bad for your health

Thankfulness is a Choice

An Attitude of Thanksgiving is a choice just like any other attitude we use. While all attitudes are important, having an Attitude of Thanksgiving is in fact one of the most important attitudes we can practice. Without practicing, it is very easy to slip into the Attitude of Complaining or the Attitude of Discontent.

The Attitude of Thanksgiving is the garden out of which the Fruit of the Spirit will grow. A consistent practice of Humility and Thanksgiving will lead to a vividly vibrant Christian life with abundance of the Holy Spirit.

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1. James MacDonald, Lord, Change My Attitude... Before it’s Too Late
Great Examples of Choosing Thanksgiving

Psalm 28:7 - The Lord is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving.

2 Chronicles 20:21 - After consulting the people, the king appointed singers to walk ahead of the army, singing to the Lord and praising him for his holy splendor. This is what they sang: “Give thanks to the Lord; his faithful love endures forever!”

Psalm 106:1-2 - Praise the Lord! Give thanks to the Lord, for he is good! His faithful love endures forever. Who can list the glorious miracles of the Lord? Who can ever praise him enough?

Psalm 100:3-5 - Acknowledge that the Lord is God! He made us, and we are his. We are his people, the sheep of his pasture. Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise his name. For the Lord is good. His unfailing love continues forever, and his faithfulness continues to each generation.

2 Corinthians 12:9-10: And He has said to me, “My grace is sufficient for you, for power is perfected in weakness.” Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. Therefore I am well content with weaknesses...for when I am weak, then I am strong.

Psalm 109:30-31 - But I will give repeated thanks to the Lord, praising him to everyone. For he stands beside the needy, ready to save them from those who condemn them.
**Philippians 1:14-18:** And because of my imprisonment... It’s true that some are preaching out of jealousy and rivalry. These do not have pure motives as they preach about Christ. They preach with selfish ambition, not sincerely, intending to make my chains more painful to me. But that doesn’t matter. Whether their motives are false or genuine, the message about Christ is being preached either way, so I rejoice. And I will continue to rejoice.

**Psalm 136** (Read if for yourself! It’s great!)

**Psalm 92:1-4** - It is good to give thanks to the Lord, to sing praises to the Most High.
- It is good to proclaim your unfailing love in the morning, your faithfulness in the evening, accompanied by guitars and the beat of drums.
- You thrill me, Lord, with all you have done for me!
- I sing for joy because of what you have done.

**Psalm 100** - Shout with joy to the Lord, all the earth!
- Worship the Lord with gladness. Come before him, singing with joy.
- Acknowledge that the Lord is God! He made us, and we are his.
- We are his people, the sheep of his pasture.
- Enter the church with thanksgiving; go into his sanctuary with praise.
- Give thanks to him and praise his name.
- For the Lord is good. His unfailing love continues forever, and his faithfulness continues to each generation.

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**Using Thankfulness on a Consistent Basis**

In every situation, whether good or adverse, God calls upon us to choose an Attitude of Thanksgiving. Paul commands us in multiple places to exercise the Attitude of Thanksgiving. This does not come naturally and requires conscious thought; retraining (transforming) our minds that comes with practice. How you do it is not important, but doing it is vital to your spiritual growth.

- **Ephesians 5:4** Let there be no obscene stories, foolish talk, and coarse jokes—these are not for you. Instead, let there be thankfulness to God.

- **Ephesians 5:20** And give thanks for everything to God the Father in the name of our Lord Jesus Christ.

- **Colossians 3:17** Whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father.

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**Short Discussion about Your Thoughts on Implementing Thanksgiving**

Let’s spend a couple of minutes getting ideas from you...
Replacing an Attitude of Doubt with an Attitude of Faith

Just like the Attitude of Thanksgiving, the Attitude of Faith is a choice. How we come to embrace or disregard this important attitude is to challenge and change the way we think about life and its circumstances. A focus on Doubt and Adversity is like jumping into a great chasm. Left unchecked, doubt’s gravity will continue to pull us down until we hit the bottom. We can overcome this attitude by using many tools that God has given us:

Faith is a Choice

Again, faith is a choice that we must live not just day by day, but moment by moment. Every situation we face should be faced with our attitude of Faith. Consider the following scriptures on faith and we will discuss the first few on how facts, choices and faith enter in:

Matthew 6:34 - "So do not worry about tomorrow; for tomorrow will care for itself.

Fact(s):

Choice:

Faith:

Luke 12:25-26 - Can all your worries add a single moment to your life? 26 And if worry can’t accomplish a little thing like that, what’s the use of worrying over bigger things?

Fact(s):

Choice:

Faith:

Philippians 4:6-7 - 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.

Fact(s):

Choice:

Faith:

Romans 8:15 - For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, "Abba! Father!"
**Tools to use when faced with adversity**

When we encounter adverse situations, we always think about it. *The problem is* that without retraining our mind, this thinking happens in a ‘blink of an eye’ before we follow through with our action/reaction. This moment of thinking is **the pivotal point** where we can choose our attitude. Our attitudes are likely so habitual we aren’t even aware we are employing them unless we **stop and check** on our pattern of thinking.

Attitudes do not sit by idly; they quickly generate consequences. They spell the difference between choosing the path of doubt or faith; or choosing between complaining and thanksgiving. The First step is to see the connection between **adversity**, our **attitude** and the **consequence** of our choice (AAC.)

We will discuss 4 tools over the next two Sundays that you can use to adopt your PSA (**Positive Spiritual Attitude**.)
1. **Stopping Destructive Rumination**

   It is my belief that the worst tool we pick up and use when faced with adversity is rumination with a bent toward the negative. Using this wretched tool can quickly bring us to the point where we embrace *Universal* and *Pervasive* negative, *debilitating* beliefs. If you practice the AAC method this will become less of an issue but for some of us, this pattern of how we think needs to be addressed first.

   Here are some **Tools** you can apply against **Destructive Rumination**:

   1. Is there another way to interpret the facts?
   2. Dispute with arguments of other ways to look at it, e.g. alternatives.
   3. Can I think of some way to be thankful in this situation?
   4. Focus on the Changeable and the specific. What things can I do to my outlook in the future?

   **Destructive Rumination Examples:**

   - Often we may have a hard time connecting with certain people, especially at church. Our Destructive Rumination will make us embrace a more or less extreme ‘picture’ and make a completely incorrect diagnosis of people and situations.
     1. So and so, didn’t hardly acknowledge me when I said hello.
     2. I wonder why they didn’t say anything.
     3. They probably aren’t all that interested in talking to me.
     4. They probably don’t even like me.
     5. I won’t try that again.
     6. I’m going to avoid them.

   How can we employ an attitude of Thankfulness or Faith instead of complaining and doubt? What tools could they use to stop this rumination slide?

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   **Reading and Understanding the Bible.**

   1. The Bible is so big.
   2. Billy knows the Bible so well, I’ll never know the Bible like him!
   3. The Bible is so hard to understand!
   4. I’ll never be any good with the Bible.
   5. Why should I even try?
   6. I give up.

   How can you and I employ an attitude of Thankfulness or Faith when faced with an intimidating task like
Reading and understanding the Bible? What tools could they use to stop this rumination slide?

1. 
2. 
3. 
4. 
5. 
6. 

- Students facing a tough class can ruminate and end up embracing the extreme and then completely incorrect diagnosis of themselves.
  1. I’m having a tough time getting this material.
  2. My friends are getting it though.
  3. They must all be smarter than me.
  4. I must be stupid.
  5. I’ll never get this class.
  6. Why should I even try?
  7. I give up.

How can you and I employ an attitude of Thankfulness or Faith when faced with an intimidating task like Reading and understanding the Bible? What tools could they use to stop this rumination slide?

1. 
2. 
3. 
4. 
5. 
6.
2. Using the AAC Method\(^2\) against Complaining, Doubt, Criticism...

The AAC Method – Adversity, Attitude, Consequence

1. Encounter **Adversity**
2. Engage **Attitude** (Stop and think before reacting)
3. Enjoy or suffer **Consequences**.

We encounter adverse situations daily. It may be simply be while driving or talking with people. It may be a financial difficulty or any situation where you begin to feel stress over. The key to using a Positive Spiritual Attitude is to stop and think before our embedded negative attitude takes us down that slippery slope to complaining or doubt. Before the attitude is engaged, stop and ask, “how can I react using a spirit of Thankfulness or Faith?”

We can use the same tools as we did in the Destructive Rumination examples:

Here are some **Tools** you can apply when in adverse situations:

1. Is there another way to interpret the facts?
2. Dispute with arguments of other ways to look at it, e.g. alternatives.
3. Can I think of some way to be thankful in this situation?

- Focus on the Changeable, the specific. What things can I do to change this in the future?
- Use the scriptures in this workshop.
- Ask God for what thing, tool, or thought will best fit to change your attitude.

**During the Adversity**

When the adverse situation hits, stop and think before you react. Using as much objectivity as you can about what your attitude is going to be. Are you apt to complain? Stop and think about what tools and thoughts you can use to change the way you were inclined to think about the situation.

**Fixing it after the Fact**

If you found you have already engaged a bad attitude and the unfortunate consequence has come, walk through the situation later. Find a tool or thought you can use in a positive, spiritual manner. Pray for cleansing for this particular sin (1 John 1:9) so the next time you can use Positive Spiritual tools.

\(^2\) Adapted from Learned Optimism, Chapter 12, by Martin Seligman
3. Using the Preemptive Strike Tool

We often have an idea how our day might go and the possible adverse situations that could arise. By thinking through these situations, how can you turn your attitude to be positive? Thinking about people and things to be Thankful for is an example of using the Preemptive Strike Tool. You and I have situations in which we normally handle situations not very well.

One simple example is driving in traffic. Let’s come up with a list of practices you can use against your normal complaining attitude.

1. Examine and accept the facts.
2. 
3. 
4. 
5. 
6.

Let’s try another… working with difficult people.

1. Examine and accept the facts.
2. Philippians 2:2-5 method
3. 
4. 
5. 
6.

4. Using the Constructive Rumination Tool

God is quite clear in his word that ruminating on spiritually positive things will go a long way in creating good attitudes. Consider Paul’s words to the Roman Church:

\[\text{Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.} - \text{Romans 12:2 (NLT)}\]

By thinking over a particular scripture over the course of weeks or months the meaning will become a reality. It’s much like a good marinade that changes the flavor of the food it envelopes.

Consider the following scriptures and let’s discuss ways to implement them:
1. Philippians 4:8-9: 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. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

Ideas: 1.  
2.  
3.  

Actions: 1.  
2.  
3.  

Other Thoughts: ____________________________________________________________  
__________________________________________________________  
__________________________________________________________  

Practice during the Week

1. A Simple Way Practice being THANKFUL
Pick 5 things you are really thankful for each day. The very first thing in prayer is bringing them to God and expressing your gratitude to Him. Or keep a log of people, over-rulings, small pleasing things that happen through the day.

Monday
1. ____________________________________________________________  
2. ____________________________________________________________  
3. ____________________________________________________________  
4. ____________________________________________________________  
5. ____________________________________________________________

Tuesday
1. ____________________________________________________________  
2. ____________________________________________________________  
3. ____________________________________________________________  
4. ____________________________________________________________  
5. ____________________________________________________________
Wednesday

1. ____________________________________________________________________________

2. ____________________________________________________________________________

3. ____________________________________________________________________________

4. ____________________________________________________________________________

5. ____________________________________________________________________________

Thursday

1. ____________________________________________________________________________

2. ____________________________________________________________________________

3. ____________________________________________________________________________

4. ____________________________________________________________________________

5. ____________________________________________________________________________

Friday

1. ____________________________________________________________________________

2. ____________________________________________________________________________

3. ____________________________________________________________________________

4. ____________________________________________________________________________

5. ____________________________________________________________________________
2. **Practicing the AAC Method**\(^3\) against Complaining, Doubt, Criticism...

During the week track 2 or 3 situations that were adverse and write down what you did well and how you think you can fix it for next time:

Here are the Tools you can apply again:

1. Is there another way to interpret the facts?
2. Dispute with arguments of other ways to look at it, e.g. alternatives.
3. Can I think of some way to be thankful in this situation?
4. Focus on the Changeable, the specific. What things can I do to change this in the future?

---

\(^3\) Adapted from *Learned Optimism*, Chapter 12, by Martin Seligman
Adverse Situation #1

What was the situation?

________________________________________________________________________________________

________________________________________________________________________________________

Did you stop and think about how you would react? _____ Y _____ N

If Yes, What tool(s) did you use? If No, what tools do you think you could have used?

Were you able to put a Spiritual perspective on this? How did you do that?

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

Adverse Situation #2

What was the situation?

________________________________________________________________________________________

________________________________________________________________________________________

Did you stop and think about how you would react? _____ Y _____ N

If Yes, What tool(s) did you use? If No, what tools do you think you could have used?

Were you able to put a Spiritual perspective on this? How did you do that?

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________
Adverse Situation #3

What was the situation?

__________________________________________________________________________________________

__________________________________________________________________________________________

Did you stop and think about how you would react? _____ Y _____ N

If Yes, What tool(s) did you use? If No, what tools do you think you could have used?

Were you able to put a Spiritual perspective on this? How did you do that?

__________________________________________________________________________________________

__________________________________________________________________________________________

3. Practice for Focusing on Faith

This practice will incorporate items from the Preemptive Strike Tool on the Faith Chart.

Early in the morning, take 10 minutes to consider one of the following scriptures or some other scripture that comes to mind on faith. Think about how you can choose to exercise thoughts and choices on faith.


4 Setting a mindset is best done before the activities of the day begin. This is a discipline but an attitude as well. It’s an attitude of Thanksgiving combined with deciding God comes first in my day. It might mean going to bed a little earlier? If it’s too big a leap, then do it as your evening meditation before going to sleep.
Monday’s Scripture: ____________________________
What did you think of and/or use in the day today?
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________

Tuesday’s Scripture: ____________________________
What did you think of and/or use in the day today?
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________

Wednesday’s Scripture: ____________________________
What did you think of and/or use in the day today?
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________

Thursday’s Scripture: ____________________________
What did you think of and/or use in the day today?
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
Friday's Scripture: ____________________________
What did you think of and/or use in the day today?
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
Saturday's Scripture: ____________________________
What did you think of and/or use in the day today?
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
Sunday's Scripture: ____________________________
What did you think of and/or use in the day today?
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________

4. Practicing the Preemptive Strike
Sometimes you might have inkling into your day and the possible adverse situations. By thinking through the situation how can you turn you attitude to be positive. Pick a few of these situations and ponder ways to think and act differently about the situation.
Preemptive Strike Situation #1: ___________________________________________________________

1. Examine and accept the facts. They are:
   _______________________________________________________________________________
   _______________________________________________________________________________
   _______________________________________________________________________________

2. _______________________________________________________________________________

3. _______________________________________________________________________________

4. _______________________________________________________________________________

5. _______________________________________________________________________________

Preemptive Strike Situation #2: _________________________________________________________

1. Examine and accept the facts. They are
   _______________________________________________________________________________
   _______________________________________________________________________________
   _______________________________________________________________________________

2. _______________________________________________________________________________

3. _______________________________________________________________________________

4. _______________________________________________________________________________

5. _______________________________________________________________________________

6. _______________________________________________________________________________

5. Practicing the Constructive Rumination Tool

God is quite clear in his word that ruminating on spiritually positive things will go a long way in creating good attitudes. Think about the following Scripture or one of your own:

1. **Hebrews 12: 1-3**: … let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.

   Ideas:  
   1.  
   2.  
   3.  

   Actions:  
   1.  
   2.  
   3.  

   Other Thoughts:  
   _______________________________________________________________________________
   _______________________________________________________________________________
   _______________________________________________________________________________
2. 1 John 3:2-3: Beloved, now we are children of God, and it has not appeared as yet what we will be we know that when He appears, we will be like Him, because we will see Him just as He is. And everyone who has this hope fixed on Him purifies himself, just as He is pure.

Ideas:

1. 
2. 
3. 

Actions:

1. 
2. 
3. 

Other Thoughts: ________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Other Tools to Help You Change Your Attitude of Fear into an Attitude of Faith

God's Promises to Think About

- **Isaiah 41:10 & 13** - Don’t be afraid, for I am with you. Don’t be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand... For I hold you by your right hand— I, the Lord your God. And I say to you, ‘Don’t be afraid. I am here to help you... I am the Lord, your Redeemer.’

- **John 14:27** - Peace I leave with you; My peace I give to you; not as the world gives do I give to you Do not let your heart be troubled, nor let it be fearful.

- **Romans 8:37** - No, in all these things we are more than conquerors through him who loved us.

- **Psalm 121** - I lift up my eyes to the hills—where does my help come from? My help comes from the LORD, the Maker of heaven and earth. He will not let your foot slip— he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep. The LORD watches over you— the LORD is your shade at your right hand; the sun will not harm you by day, nor the moon by night. The LORD will keep you from all harm— he will watch over your life; the LORD will watch over your coming and going both now and forevermore.

- **Matthew 10:29-31** - What is the price of two sparrows—one copper coin? But not a single sparrow can fall to the ground without your Father knowing it. And the very hairs on your head are all numbered. So don’t be afraid; you are more valuable to God than a whole flock of sparrows.
• **Psalm 91** (Read it all!) - The Lord says, “I will rescue those who love me. I will protect those who trust in my name. When they call on me, I will answer; I will be with them in trouble. I will rescue and honor them.

**Platitudes for Enhancing Your Faith**

• Doubt sees the Obstacle, Faith see the Opportunity — **James MacDonald**
• Courage is not the absence of fear; it’s the Mastery of fear. — **Joe Funari**
• You can conquer almost any fear if you will only make up your mind to do so. For remember, fear doesn’t exist anywhere except in the mind. — **Dale Carnegie**
• Fear is met and destroyed with courage. — **James F. Bell**
• Feed your faith and your fears will starve to death. — **Unknown**

**Platitudes for Thanksgiving**

• Without Thankfulness, our awareness of God will be suppressed. — **James MacDonald**
• The Attitude of Thanksgiving is the garden out of which the Fruit of the Spirit will grow. — **Andy Weeks**
• A Thankful Attitude perfectly displaces our sinful tendency to complain and releases joy and blessing into our lives — **James MacDonald**
• Count your many blessings, see what God has done.
• Count your many blessings, every doubt will fly, and you will keep singing as the days go by.
• Who does not thank for little will not thank for much. — **Estonian Proverb**
• Only when we acknowledge God as the gracious God of general blessings, like life and breath, food and shelter, do we begin to comprehend God in a personal way and begin to express faith in Him. — **James MacDonald**
• You say, 'If I had a little more, I should be very satisfied.' You make a mistake. If you are not content with what you have, you would not be satisfied if it were doubled. — **Charles Haddon Spurgeon**
• Gratitude consists of being more aware of what you have, than what you don’t. — **Unknown**
• Gratitude is not only the greatest of virtues, but the parent of all the others. — **Cicero**

**Prayers you can Ponder to Increase Your Faith and Thanksgiving**

• **Ephesians 3:16-21 (Personalized)** I will continue to pray that from his glorious, unlimited resources he will empower me with inner strength through his Spirit. Then Christ will make his home in my heart as I learn trust in him more and more. My roots will grow down into God’s love and that will keep me strong. I want have the power to understand, as all God’s people should, how wide, how long, how high, and how deep his love is. I want to fully experience the love of Christ, though it is too great to understand. Then I will be made complete with all the fullness of life and power that comes from God.

Now all glory to God, who is able, through his mighty power at work within me, to accomplish infinitely more than I might ask or think. Glory to him in the church and in Christ Jesus through all generations forever and ever! Amen.

• **Colossians 1:8-10** Constantly pray that you will walk in a manner worthy of the Lord, to please Him in all respects, bearing fruit in every good work and increasing in the knowledge of God;

• **Isaiah 40**
21 Do you not know? Have you not heard? Has it not been declared to you from the beginning?
   Have you not understood from the foundations of the earth?
22 It is He who sits above the circle of the earth, and its inhabitants are like grasshoppers,
   who stretches out the heavens like a curtain and spreads them out like a tent to dwell in.
23 He it is who reduces rulers to nothing, who makes the judges of the earth meaningless.
24 Scarcely have they been planted, scarcely have they been sown,
   scarcely has their stock taken root in the earth, but He merely blows on them, and they wither,
   and the storm carries them away like stubble.
25 To whom then will you liken Me that I would be his equal?” says the Holy One.
26 Lift up your eyes on high and see who has created these stars,
   The One who leads forth their host by number, he calls them all by name;
   Because of the greatness of His might and the strength of His power, not one of them is missing.
27 Why do you say, O Jacob, and assert, O Israel, ”My way is hidden from the LORD,
   and the justice due me escapes the notice of my God”?
28 Do you not know? Have you not heard? The Everlasting God, the LORD, the Creator of the ends of the earth
   Does not become weary or tired His understanding is inscrutable.
29 He gives strength to the weary, and to him who lacks might He increases power.
30 Though youths grow weary and tired, and vigorous young men stumble badly,
31 Yet those who wait for the LORD Will gain new strength; they will mount up with wings like eagles,
   they will run and not get tired, they will walk and not become weary.

Incorporating God’s Promises

- Isaiah 41:10 & 13: Don’t be afraid, for I am with you. Don’t be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand... For I hold you by your right hand— I, the Lord your God. And I say to you, ‘Don’t be afraid. I am here to help you... I am the Lord, your Redeemer.’

- John 14:27: Peace I leave with you; My peace I give to you; not as the world gives do I give to you Do not let (it’s Your Choice) your heart be troubled, nor let (it’s Your Choice) it be fearful.
Additional Items from the Sermon

The Complaining Flow Chart

```
Worldly Tool Set
Ungrateful
Bad Company
Ruminate on the Negative

Complain
Dishcartuned

Rebellion
Fear/Doubt

Bring down others
```

The Doubting Flow Chart

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Worldly Tool Set
Ruminate on the Negative
Focus on Obstacles
Ruminate on Past Failures
Focus on “Selfish” Desires

A Doubting Decision

Anxiety
Frustation/Anger

Fear/Despair
Bitterness
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Importance of Giving Thanks

- **Ephesians 5:4** Let there be no obscene stories, foolish talk, and coarse jokes—these are not for you. Instead, let there be *thankfulness to God*.

- **Ephesians 5:20** And give thanks for everything to God the Father in the name of our Lord Jesus Christ.

- **Colossians 3:17** Whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father.

- **Colossians 4:2** Devote yourselves to prayer, keeping alert in it with an attitude of thanksgiving;

- **1 Thessalonians 5:18** in everything give thanks; for this is God’s will for you in Christ Jesus.

- **Hebrews 13:15** Through Him then, let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that give thanks to His name.

- **Psalm 109:30**: With my mouth I will give thanks *abundantly* to the LORD

- **Luke 17:15-17**: 15Now one of them, when he saw that he had been healed, turned back, glorifying God with a loud voice, and he fell on his face at His feet, giving thanks to Him. And he was a Samaritan. Then Jesus answered and said, "Were there not ten cleansed? But the nine—where are they?

- **Romans 1:21**: For even though they knew God, they did not honor Him as God or *give thanks*

**“Thanks be to God”**

Romans 6:17, Romans 7:25, 1 Corinthians 15:57, 2 Corinthians 2:14, 2 Corinthians 8:16, 2 Corinthians 9:15,

Paul Chooses Thanksgiving

- **2 Corinthians 12:9-10**: And He has said to me, "My grace is sufficient for you, for power is perfected in weakness." *Most gladly*, therefore, *I will rather boast* about my weaknesses, so that the power of Christ may dwell in me. Therefore I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ’s sake; for when I am weak, then I am strong.

- **Philippians 1:14-18**: And because of my imprisonment... It’s true that some are preaching out of jealousy and rivalry. But others preach about Christ with pure motives. They preach because they love me, for they know I have been appointed to defend the Good News. Those others do not have pure motives as they preach about Christ. They preach with selfish ambition, not sincerely, intending to make my chains more painful to me. **But that doesn’t matter. Whether their motives are false or genuine, the message about Christ is being preached either way, so I rejoice. And I will continue to rejoice.**