

MESSAGE NOTES



Series: Winning the War in Your Mind
Message: Remember to be Grateful
Speaker: Rusty Coram
Date: January 25th, 2026

¹ "Shout with joy to the Lord, all the earth!

² Worship the Lord with gladness.

Come before him, singing with joy.

³ Acknowledge that the Lord is God!

He made us, and we are his.

We are his people, the sheep of his pasture.

⁴ Enter his gates with thanksgiving;

go into his courts with praise.

Give thanks to him and praise his name.

⁵ For the Lord is good.

His unfailing love continues forever,
and his faithfulness continues to each
generation."

Psalm 100:1–5 (NLT)

A crucial element for having a healthy
spiritual life and clear mind is a continual
and growing attitude of gratefulness.

This attitude is the result of building strong
"thankfulness muscles".

¹⁶ "Always be joyful. ¹⁷ Never stop praying. ¹⁸ Be
thankful in all circumstances, for this is God's
will for you who belong to Christ Jesus."

1 Thessalonians 5:16–18 (NLT)

All too often we can be specific in our
complaints and general in our thanks. We
need to work to reverse this!

"Devote yourselves to prayer with an alert mind
and a thankful heart."

Colossians 4:2 (NLT)

⁶ "Don't worry about anything; instead, pray
about everything. Tell God what you need, and
thank him for all he has done. ⁷ 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. ⁸ 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. ⁹ 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."

Philippians 4:6–9 (NLT)

BIBLE TRANSLATIONS:

NLT– New Living Translation

TAKE HOME SHEET



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As we focus on being grateful, it is important to be specific and clear. To do this, let's focus on the closing passage from the message by dividing it up into two parts:

Part 1

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ 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."

Philippians 4:6-7

What are some specific things for me to thank God for?

What are some things I believe that I need and should ask God about?

Part 2

"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. ⁹ 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."

Philippians 4:8–9

What are some things I need to fix or focus my thoughts on that are true, honorable, right, pure. Lovely, admirable, excellent and praise-worthy?

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