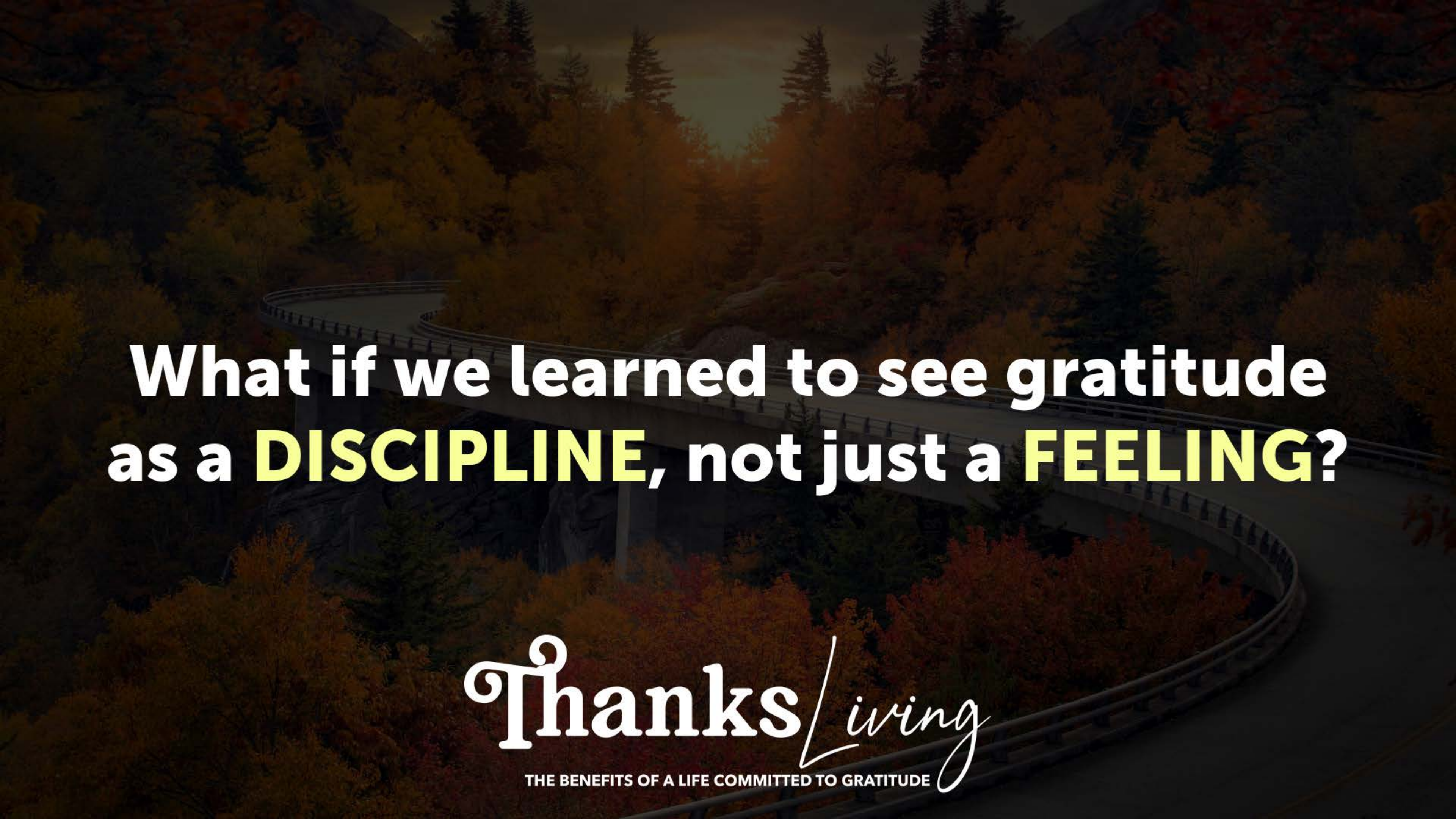




Thanks *Living*

THE BENEFITS OF A LIFE COMMITTED TO GRATITUDE

A winding road with a guardrail curves through a dense forest. The trees are covered in vibrant autumn foliage in shades of orange, yellow, and red. In the background, dark evergreen trees and mountains are visible under a soft, hazy sky. The overall scene is peaceful and scenic.

What if we learned to see gratitude
as a **DISCIPLINE**, not just a **FEELING**?

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THE BENEFITS OF A LIFE COMMITTED TO GRATITUDE

1. Being grateful **for them** will strengthen your relationship **with them**.

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2. Be grateful for the good God is doing even **before** you see it.

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THE BENEFITS OF A LIFE COMMITTED TO GRATITUDE

1. Being grateful **for them** will strengthen your relationship **with them**.

2. Be grateful for the good God is doing even **before** you see it.

3. You don't **have to** follow Jesus...you **get to**.

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THE BENEFITS OF A LIFE COMMITTED TO GRATITUDE

Philippians 3:7–8

ESV

⁷ But whatever gain I had, I **counted** as loss for the sake of Christ. ⁸ Indeed, I **count** everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and **count** them as rubbish, in order that I may gain Christ

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Philippians 3:9–11

ESV

⁹ and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith— ¹⁰ that I may **know him** and the **power of his resurrection**, and may **share his sufferings**, becoming **like him in his death**, ¹¹ that by any means possible I may **attain the resurrection from the dead**.

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THE BENEFITS OF A LIFE COMMITTED TO GRATITUDE

Philippians 3:12–14

ESV

¹² Not that I have already obtained this or am already perfect, but I press on to **make it my own**, because Christ Jesus has **made me his own**. ¹³ Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, ¹⁴ I press on toward the goal for the prize of the upward call of God in Christ Jesus.

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Philippians 3:15–16

ESV

¹⁵ Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you. ¹⁶ Only let us hold true to what we have attained.

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Philippians 3:17–19

ESV

¹⁷ Brothers, join in imitating me, and keep your eyes on those who walk according to the example you have in us. ¹⁸ For many, of whom I have often told you and now tell you even with tears, walk as **enemies of the cross of Christ**. ¹⁹ Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things.

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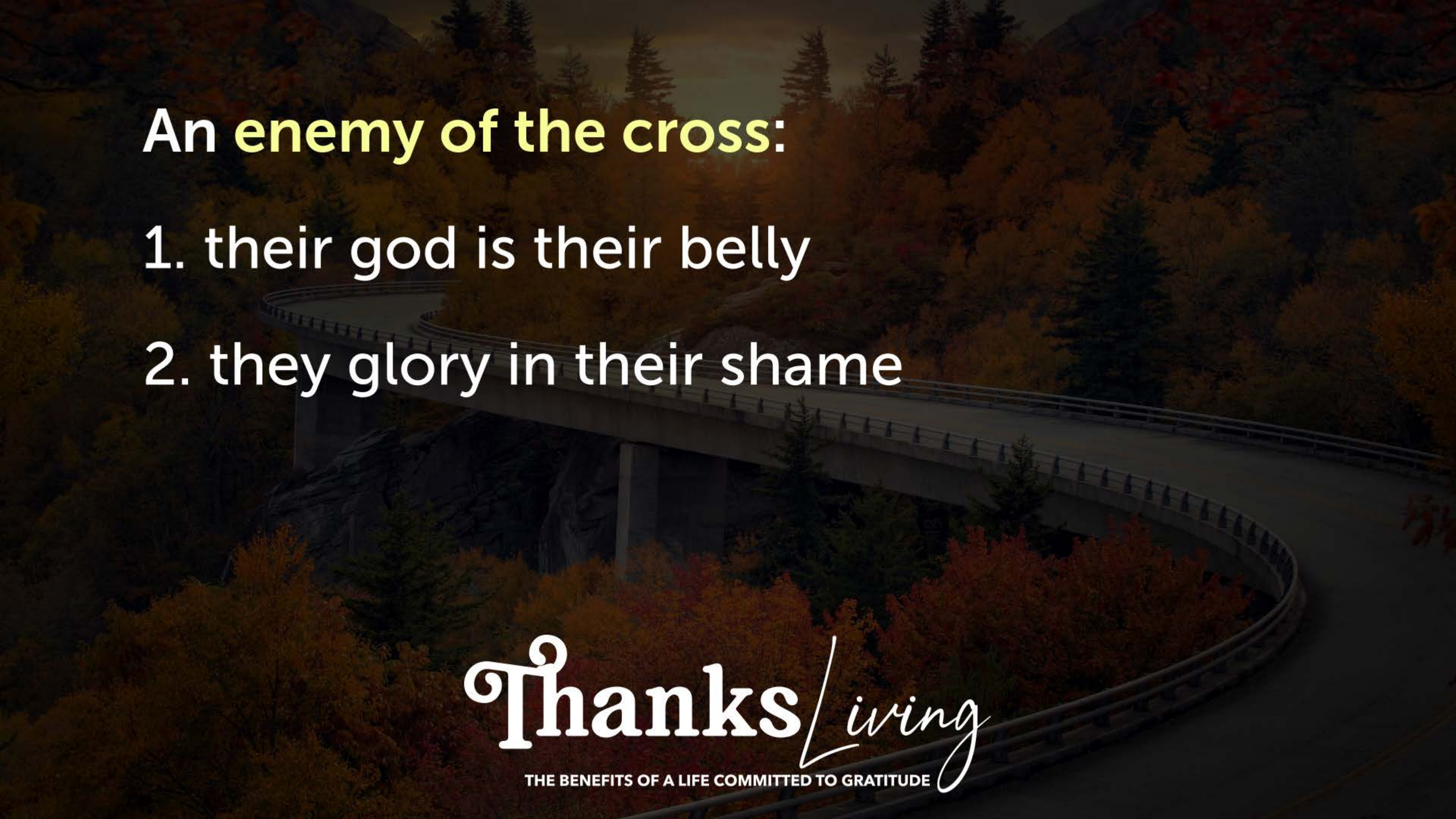
An enemy of the cross:

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An enemy of the cross:

1. their god is their belly

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THE BENEFITS OF A LIFE COMMITTED TO GRATITUDE

A winding road with a guardrail curves through a forest with trees in autumn foliage. The scene is dimly lit, with the text overlaid in white and yellow.

An enemy of the cross:

1. their god is their belly

2. they glory in their shame

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An enemy of the cross:

1. their god is their belly
2. they glory in their shame
3. their mind is set on earthly things

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Philippians 3:20–4:1

ESV

²⁰ But our **citizenship** is in heaven, and from it we await a Savior, the Lord Jesus Christ, ²¹ who will **transform** our lowly body to be like his glorious body, by the power that enables him even to **subject** all things to himself. 4 Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved.

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Philippians 4:2–3

ESV

² I entreat Euodia and I entreat Syntyche to **agree in the Lord**. ³ Yes, I ask you also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the book of life.

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Philippians 4:4–6

ESV

⁴ **Rejoice** in the Lord always; again I will say, **rejoice**. ⁵ Let your reasonableness be known to everyone. The Lord is at hand; ⁶ **do not be anxious** about anything, but in everything by prayer and supplication **with thanksgiving** let your requests be made known to God.

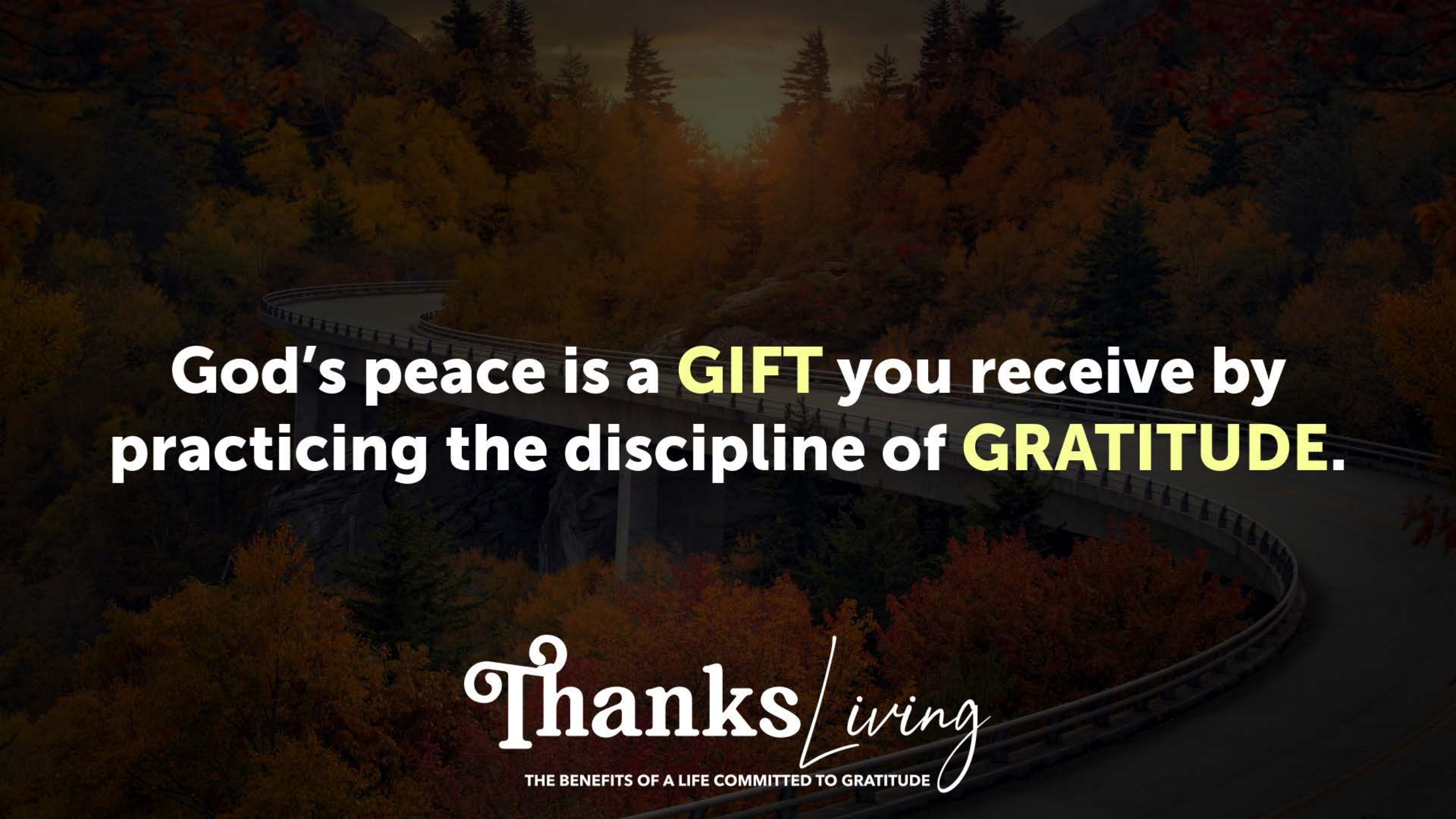
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Philippians 4:7

ESV

⁷ And **the peace of God**, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

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THE BENEFITS OF A LIFE COMMITTED TO GRATITUDE

A winding road with a guardrail curves through a forest. The trees have vibrant autumn foliage in shades of orange, yellow, and red, with some dark evergreen trees visible in the background. The scene is captured from a high angle, looking down the curve of the road.

God's peace is a **GIFT** you receive by practicing the discipline of **GRATITUDE**.

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THE BENEFITS OF A LIFE COMMITTED TO GRATITUDE

A scenic photograph of a winding asphalt road that curves through a dense forest. The trees are in various stages of autumn, with some showing vibrant orange and yellow leaves, while others are still green. The road is bordered by a metal guardrail and is set against a backdrop of steep, forested hills. The overall lighting is soft, suggesting a late afternoon or early morning setting.

This week's gratitude challenge:

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**This week's gratitude challenge:
When you feel a lack of peace, **pray**.**

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