

Colossians 2:7 (TLB)

Let your roots grow down into Him and draw up nourishment from Him. See that you go on growing in the Lord, and become strong and vigorous in the truth you were taught. Let your lives overflow with joy and thanksgiving for all He has done.

I. The WORDS you SAY

Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. Eph. 5:4 (NIV) Do all things without grumbling or disputing... Phil. 2:14 (NAS)

Decrease your G.P.H.

Increase your T.P.H.

Decrease your G.P.H. Grumbles per hour

Increase your T.P.H. Thanks per hour

When giving thanks to people

Be specific
Be sensitive
Be searching

II. The WAY you SING

Sing your hearts out to GOD! Thank Him to his face! Ps. 30:4 (MSG)

Sing with others

Sing psalms and hymns and spiritual songs to God with thankful hearts. Col 3:16 (NLT)

Smile when you sing

The LORD is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song. Ps. 28:7 (NIV)

This is the day This is the day That the Lord has made That the Lord has made

I will rejoice I will rejoice And be glad in it And be glad in it

This is the day that the Lord has made

I will rejoice and be glad in it This is the day This is the day That the Lord has made.

I will enter His gates with thanksgiving in my heart I will enter His courts with praise I will say this is the day that the Lord has made I will rejoice for He has made me Glad

He has made me glad He has made me glad I will rejoice for He has made me glad

He has made me glad He has made me glad I will rejoice for He has made me glad

I will rejoice for He has made me glad



III. The GIFTS you GIVE

You will be made rich in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God. 2 Cor. 9:11 (NIV)

III. The GIFTS you GIVE

I will give you an offering to show thanks to you. Ps. 116:17 (NCV)

So two good things happen as a result of your gifts--those in need are helped, and they overflow with thanks to God. 2 Cor. 9:12 (TLB)

Exercises: Never ignore a thought to give

Never ignore a thought to give

Give more than you thought you could

IV. The TIMES you CHOOSE to give thanks

No matter what happens, always be thankful, for this is God's will for you who belong to Christ Jesus. 1 Th. 5:18 (NLT)



Give thanks at a good time

For everything God created is good, and nothing is to be rejected if it is received with thanksgiving... 1 Tim. 4:4 (NIV)

Give thanks at a specific time

At midnight I rise to give you thanks for your righteous laws. Ps. 119:62 (NIV)

V. The PRAYERS you PRAY

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone - for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. 1 Tim 2:1-2 (NIV)

V. The PRAYERS you PRAY

Don't worry about anything; instead, pray about everything; tell God your needs, and don't forget to thank Him for His answers. Phil 4:6 (TLB)

Exercises: Thank God for someone you never have



Philippians 1:6 (NIV) ...being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.

Let your lives overflow with joy and thanksgiving for all He has done. Colossians 2:7 (TLB)