

11/8/2020

## Paul's View on Thanksgiving, Part 2

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**Philippians 4:1-9** <sup>1</sup>Therefore, my brothers, whom I love and long for, my joy and crown, that is how you must stand firm in the Lord, my beloved. <sup>2</sup>I urge Euodia and Syntyche to agree with each other in the Lord. <sup>3</sup>Yes, and I ask you, my true yokefellow, to help these women who have labored with me for the gospel, along with Clement and the rest of my fellow workers, whose names are in the Book of Life. <sup>4</sup>Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup>Let your gentleness be apparent to all. The Lord is near. <sup>6</sup>Be anxious for nothing, but in everything, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup>And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. <sup>8</sup>Finally, brothers, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think on these things. <sup>9</sup>Whatever you have learned or received or heard from me, or seen in me, put it into practice. And the God of peace will be with you. (BSB)

### I. Here are the details of this passage.

- A. Joy and peace seem to have a **connection** with thanksgiving. V.1, 6
- B. Human relationships are a **gauge** of how we are doing in regards to a thankful heart. V.2
- C. The word “rejoice” is **synonymous** with “thanksgiving”. V.4
- D. A heart of thankfulness will communicate itself to others as **gentleness**. V.5
- E. When we add thanksgiving to our **prayers** we receive a supernatural peace. V.6-7
- F. Focusing on the **blessings** of God keep us in a state of peace. V.8-9

### II. What can we learn from this?

- A. We cannot force ourselves to have joy or peace, but we can use our will to keep **thanking** God for what we have and for who He is.
- B. Think of ways that you can use your **words** and **actions** to encourage those around you. This can be a way to diffuse tensions with people with whom you are in conflict.
- C. Take time to evaluate what you are **focusing** on. Does it measure the test from verses 8 and 9?
- D. Allow **God** to be your **God** today!