

Be thankful **in all** circumstances, for **this is God's will for you** who belong to Christ Jesus.

## Being thankful in all circumstances get us through all circumstances!

Being thankful makes me...

### Emotionally Resilient

Philippians 4:6-7 NCV

Do not worry about anything, but pray and ask God for everything you need, **always giving thanks**. And God's peace, which is so great we cannot understand it, will keep your hearts and minds in Christ Jesus.

### Physically Prepared

Psalms 32:3-4 NIV

When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy on me; my strength was sapped as in the heat of summer.

Psalms 31:11 NLT

So rejoice in the Lord and be glad, all you who obey him! Shout for joy, all you whose hearts are pure!

### Mentally Clearer

Psalms 69:1-3 NLT

Save me, O God, for the floodwaters are up to my neck. Deeper and deeper I sink into the mire; I can't find a foothold. I am in deep water, and the floods overwhelm me. I am exhausted from crying for help; my throat is parched. My eyes are swollen with weeping, waiting for my God to help me.

Psalms 69:29-30 NIV

But as for me, afflicted and in pain— may your salvation, God, protect me. I will praise God's name in song and glorify him with thanksgiving.

### Spiritually Stronger

Colossians 2:7 NLT

Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness.