

Transformational Thinking

HELPFUL SCRIPTURES

SERMON NOTES

1 Thessalonians 5:16-18

I. NEGATIVE THINKING FOCUSES ON WHAT IS WRONG

A. Israel repeatedly demonstrated the danger of negative thinking

Numbers 13:27-33

Numbers 14:7-8

Philippians 2:14

II. GRATITUDE TRAINS US TO NOTICE GOD'S GOODNESS

A. Gratitude remembers what God has done

Psalms 103:2-5

James 1:17

2 Corinthians 11:23-26

Philippians 4:11

III. GRATITUDE MUST BE DELIBERATELY PRACTICED

A. Gratitude does not automatically develop

1 Thessalonians 5:18

Philippians 4:6

Colossians 3:15, 17

Philippians 1:3

1 Thessalonians 1:2

IV. GRATITUDE IS ESPECIALLY POWERFUL DURING DIFFICULTY

A. Paul says to give thanks “in everything,” not “for everything”

1 Thessalonians 5:18

Habakkuk 3:17-18

Luke 22:19

V. GRATITUDE REPLACES DESTRUCTIVE THOUGHT PATTERNS

A. Gratitude replaces _____

Philippians 2:14

B. Gratitude replaces _____

2 Cor. 10:12b

C. Gratitude replaces _____

Philippians 1:6; 2:13

D. Gratitude replaces _____

Philippians 4:6-7

CONCLUSION: JESUS SHOWS US THE GRATEFUL LIFE

John 6:11

John 11:41

Luke 22:19

Romans 6:1-4