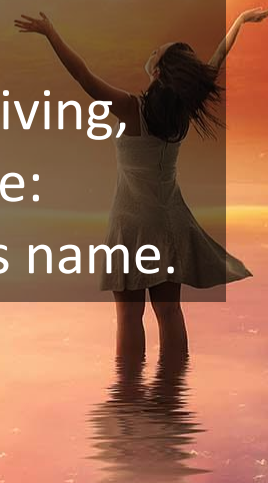


ON REPEAT

Psalm 100:4 KJV

Enter into his gates with thanksgiving,
and into his courts with praise:
be thankful unto him, and bless his name.



...in all you do,
give thanks to
God the Father
through Jesus.
Colossians 3:17 ICB

Always give thanks
to God the Father
for everything,
in the name of our
Lord Jesus Christ.
Ephesians 5:20 ICB

In all things give
thanks, for this is
the will of God in
Christ Jesus for you.
1 Thessalonians 5:18
NMB

*“Grace is God acting in our lives to accomplish
what we cannot do on our own.”*

Over time,
practicing gratitude
enables us to become
the kind of person who
is deeply and sincerely
grateful to others.

Practicing gratitude
improves emotions,
decreases depression
and strengthens
relationships.

It also helps us
become more
resilient when
things are hard...

...and it helps
build and maintain
a sense of peace.

Be anxious for nothing,
but in everything by prayer and supplication
with thanksgiving
let your requests be made known to God.

⁷ And **God's peace,**
which surpasses all comprehension,
will guard your hearts and your minds
in Christ Jesus.

Philippians 4:6-7 NASB1995

Be anxious for nothing,
but in everything by prayer and **supplication**
with **thanksgiving**

let your requests be made known **with thanksgiving**

You will keep
him in perfect peace,
Whose mind is stayed
on You, Because he
trusts in You.
Isaiah 26:3 NKJV

thanksgiving
focuses our
attention on
God—*who he*
is and what
he's done

supplication
understandably
keeps our focus
primarily on
the issue

“a state of
freedom from
anxiety and
inner turmoil”

Louw & Nida

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

Philippians 4:7 NASB1995



“Greet a household when you enter it, ¹³ and if the household is worthy, let your peace be on it; but if it is unworthy, let your peace return to you.”

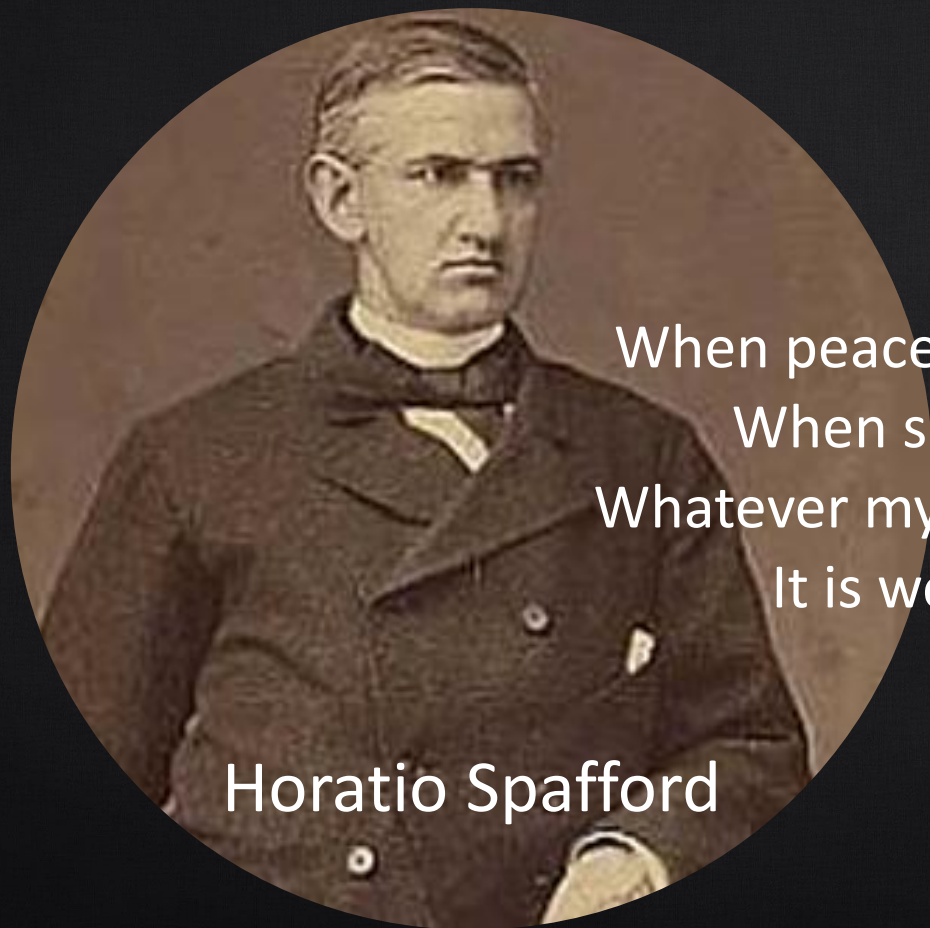
Matthew 10:12-13 CSB

Now may the Lord of peace himself give you peace at all times in every way.

2 Thessalonians 3:16 ESV

“Peace I leave with you. My peace I give to you. I do not give to you as the world gives. Don’t let your heart be troubled or fearful.”

John 14:27 CSB

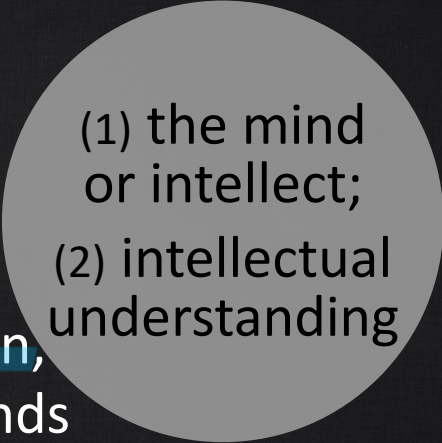


When peace, like a river, attendeth my way,
When sorrows like sea billows roll;
Whatever my lot, thou hast taught me to say,
It is well, it is well with my soul.

Horatio Spafford

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

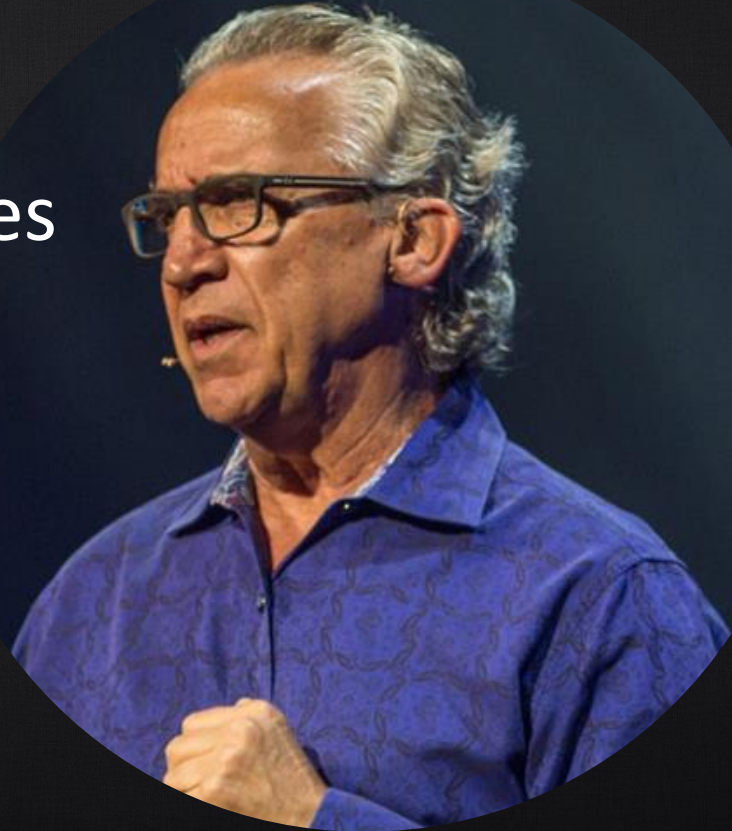
Philippians 4:7 NASB1995



(1) the mind
or intellect;
(2) intellectual
understanding

“In order to have
a peace that surpasses
all understanding,
you have to give
up your right
to understand.”

Bill Johnson



Philippians 4:6-7 NASB1995

Be anxious for nothing,
but in everything by prayer and supplication

with thanksgiving

let your requests be made known to God.

⁷ And **God's peace,**

which surpasses all comprehension,
will guard your hearts and your minds
in Christ Jesus.