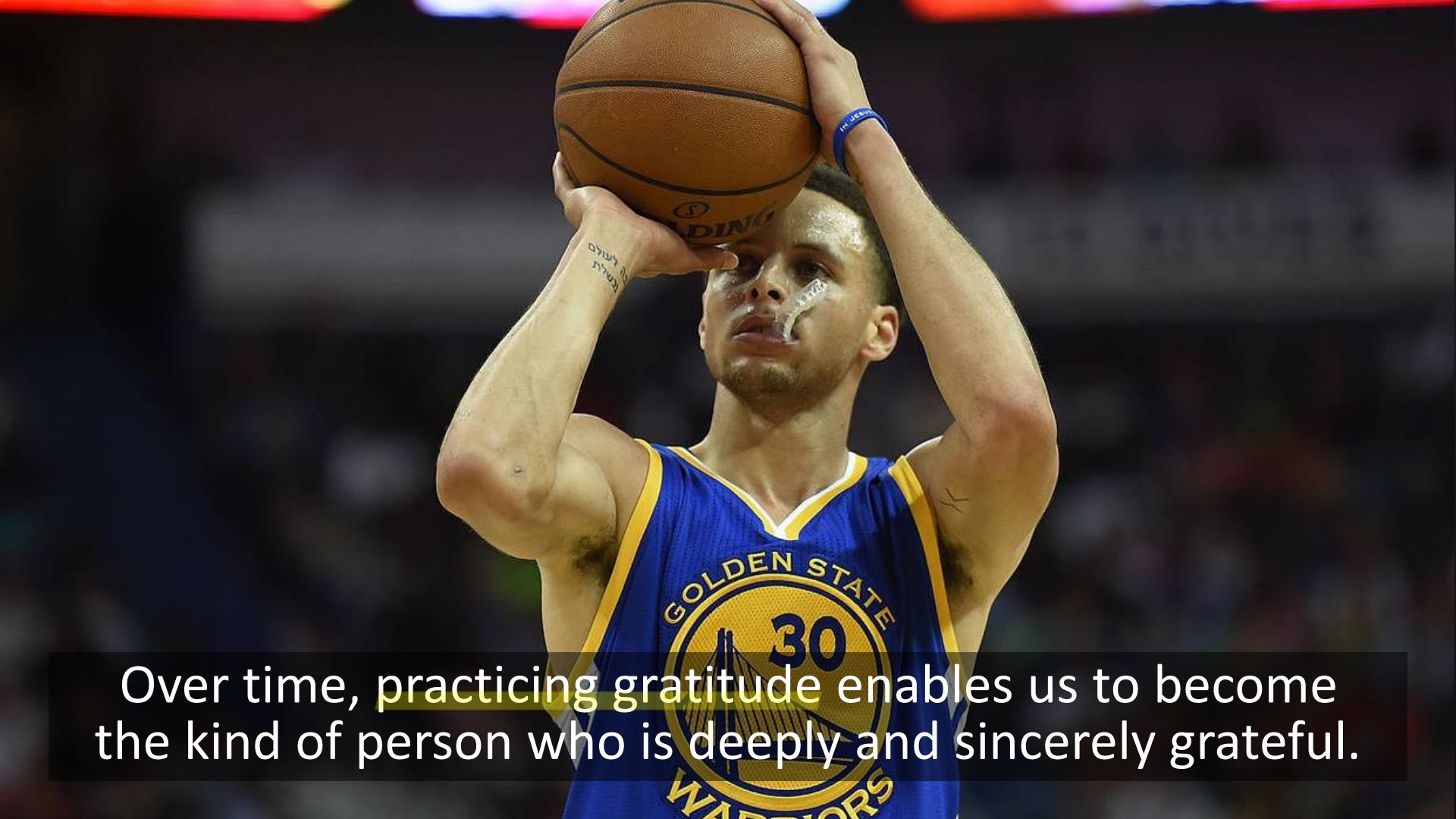


ON REPEAT



“...as I listened to this particular song,
I kept thinking of Psalm 100:4:”

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



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

practicing gratitude



expressing thanks in some form to another person

Practicing gratitude
decreases depression,
increases positive emotions
and strengthens
relationships.

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

It also wires our
brains to help us
build resilience...

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

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

Philippians 4:6-7 NASB1995

...and it helps us
create and maintain
a sense of peace.

to have a
distracting concern
based on what is
happening or what
might happen

literally,
*not even
one*

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

...let us approach
the throne of grace
with boldness, so that
we may receive mercy
and find grace to help
us in time of need.
Hebrews 4:16 CSB

“heart-felt
petition, arising
out of deep
personal need”

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

Be anxious for nothing,
but in everything by prayer and supplication
practicing gratitude (to God)
let your requests be made known to God.

Give thanks to
the LORD, for he is
good; his faithful love
endures forever.

Psalm 118:1 CSB

We give thanks to
you, God; we give
thanks to you, for
your name is near.

Psalm 75:1a CSB

The LORD is my
strength and my shield;
my heart trusts in him,
and I am helped. Therefore
my heart celebrates, and
I give thanks to him
with my song.

Psalm 28:7 CSB

You are my God,
and I will give you
thanks. You are my
God; I will exalt you.

Psalm 118:28 CSB

I will praise God's
name with song
and exalt him with
thanksgiving.

Psalm 69:30 CSB

Be anxious for nothing,
but in everything by prayer and supplication
practicing gratitude (to God)
let your requests be made known to God.
And the peace of God....

A photograph of John Maxwell, a middle-aged man with grey hair, smiling broadly. He is wearing a light blue and white checkered button-down shirt. The background is a lush green garden with pink flowers. A semi-transparent grey box is overlaid on the left side of the image, containing the quote and the name.

“What you
focus on
expands.”

John Maxwell

You will keep *him* in perfect peace,
Whose mind is stayed on You,
Because he trusts in You.

Isaiah 26:3 NKJV