

Be Thankful

Exercise Guide and Slides
David Clayton, Sr.



**Thankful
Exercise Guide
David Clayton, Sr.**

Scripture Exercises

1 Thessalonians 5:16-18 Lord, teach me to rejoice, pray, and be thankful in all circumstances.
Lord, let me start and end each day with gratitude.

Proverbs 24:16 Lord, when I fall, let me rise up again.

Romans 8:28 Lord, take the good and bad in my life and use it for your good.

Significant Statements

Wisdom is knowing what is right and what to do.

Understanding is knowing why it is right and why to do it.

The more you complain about your problems the more problems you will have to complain about. Zig Ziglar

Don't try to understand everything, because sometimes it is not meant to be understood, but to be accepted.



Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18



Wisdom is knowing what is right and what to do.

Understanding is knowing why it is right and how to do it.



Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18



**THE MORE YOU
COMPLAIN ABOUT
YOUR PROBLEMS,
THE MORE PROBLEMS
YOU WILL HAVE
TO COMPLAIN ABOUT.**

©2014

foundr

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18



Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18



Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18



IN *not*
FOR



Don't try to understand
everything, because sometimes
it is not meant to be
understood, but to be
accepted.

He causes the sun to shine upon the just and the unjust.

Matthew 5:45



**for though the righteous fall
seven times, they rise again,
Proverbs 24:16**



Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18



And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Romans 8:28



Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18



Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; 4 perseverance, character; and character, hope. 5 And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

Romans 5:3-5







What distinguished the life of King David from King Saul and King Solomon?



What distinguished the life of King David from King Saul and King Solomon?

THANKFUL



Shall we accept good from God, and not trouble?

”In all this, Job did not sin in what he said.

Job 2:10



**Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.
1 Thessalonians 5:16-18**

Start and end each day with gratitude

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18





T₁

H₄

A₁

N₁

K₅

F₄

U₁

U₁

B₃

U₁