

Colossians 3:15-17

NIV



Colossians 3:15-17

15 Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be **thankful**. **16** Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with **gratitude** in your hearts. **17** And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, **giving thanks** to God the Father through Him.

Psalm 100

¹ Make a joyful shout to the Lord, all you lands!

² Serve the Lord with gladness; Come before His presence with singing.

³ Know that the Lord, He is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture.

⁴ Enter into His gates with thanksgiving, And into His courts with praise.

Be thankful to Him, and bless His name.

⁵ For the Lord is good; His mercy is everlasting, and His truth endures to all generations.

When we're thankful, it helps us grow
closer to God

Jeremiah 31:3-4

The LORD appeared to us in the past saying: "I have loved you with an everlasting love" I have drawn you with unfailing kindness. I will build you up again, and you, Virgin Israel, will be rebuilt. Again you will take up your timbrels and go out to dance with the joyful.

We're accepted in the beloved - **Ephesians 1:6**

We're a chosen and royal priesthood - **1 Peter 2:9**

We're secure in God's love - **John 13:1**

We're blessed with every spiritual blessing - **Ephesians 1:3**

We're more than conquerors in Christ - **Romans 8:37**

We're co-heirs with Christ - **Romans 8:17**

We're God's workmanship - **Ephesians 2:10**

Psalm 119:11

I have hidden Your word in my heart that I might not sin
against You

Romans 5:3-4

We glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope

Romans 8:18

Our present sufferings are not worth comparing with the glory that will be revealed in us

When we choose gratitude:

We become happier people

We solve problems better

Our relationships grow stronger

Spiritual Benefits:

Deepens our relationship with God

Helps us see God's hand in daily life

Strengthens our faith during trials

Physical Benefits

Better sleep at night

Less stress and stronger immune system

Better overall health and happiness



Start Your Day Right

- * Before checking your phone, thank God for 3 blessings
- * Read scripture daily
- * Begin your prayer with worship & praise
- * Keep a gratitude journal
- * Share your thanksgivings with family

1 Peter 1:3-4

Praise be to the God and Father of our Lord Jesus Christ! In His great mercy He has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade.