

Wishlist - The Gift of Gratitude

11/30/25

Bible References:

Phil 4:6-8

Matt 18:3

1 Tim 5:5

Reflection Questions:

1. What tends to make you feel anxious?
2. What keeps you from praying about what makes you anxious?
3. What can you render thanks for?
4. How does practicing thanksgiving help fight anxiety?

1. Instead of being anxious, pray!

2. Give God your urgent requests.

3. Take time to be thankful.

Application:

Set aside time to render thanks:

- Thankful for the things God has given you
- Thankful for beautiful things in life
- Thankful for how God is working in you and those around you
- Thankful for the salvation of God