

What is one important spiritual discipline that we tend to overlook? Psalms 92 -> Give Thanks

1 Thessalonians 5:16-18

16 Rejoice always, 17 pray without ceasing, 18 in everything give thanks; for this is the will of God for you in Christ Jesus.

Give Thanks

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**Give Thanks** 

## END TIMES

#### 1 Thess 5

Now as to the times and the epochs, brethren, you have no need of anything to be written to you.

2 For you yourselves know full well that the day of the Lord will come just like a thief in the night.



#### 1 Thessalonians 5:16-18

16 Rejoice always, 17 pray without ceasing, 18 in everything give thanks; for this is the will of God for you in Christ Jesus.

Give Thanks

Because God is coming back, we can rejoice, pray and give thanks.

This is His will for us.

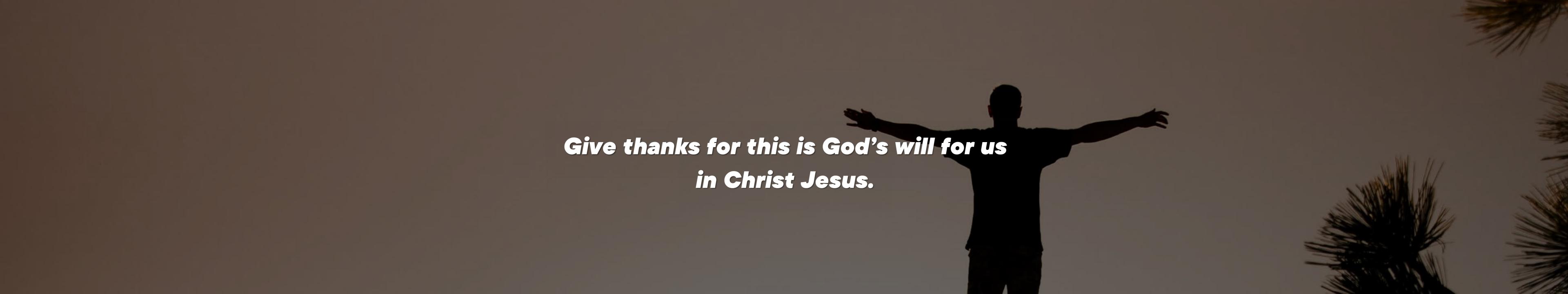
### Context: END TIMES

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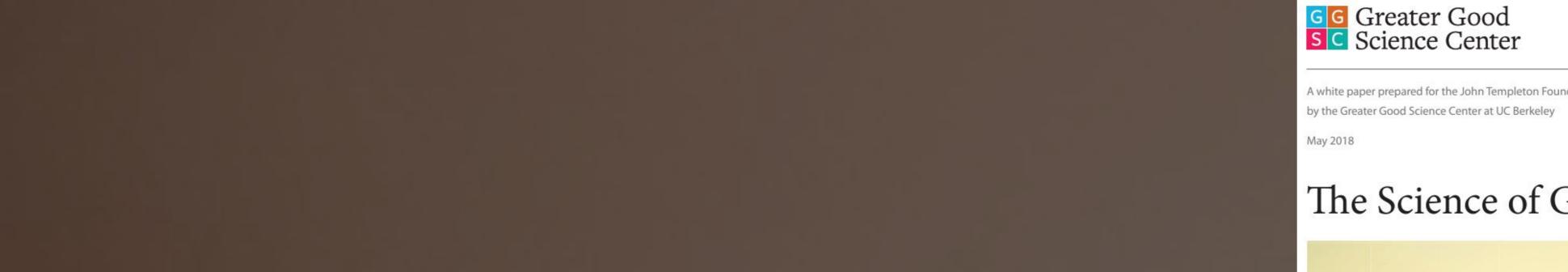
## Giving thanks can make you happier

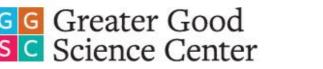
August 14, 2021



https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier







A white paper prepared for the John Templeton Foundation

## The Science of Gratitude







A white paper prepared for the John Templeton Foundation by the Greater Good Science Center at UC Berkeley

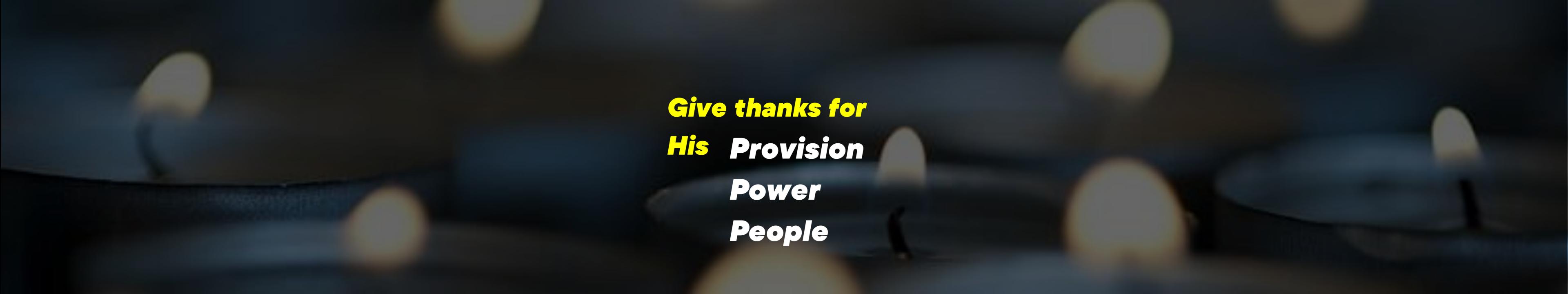
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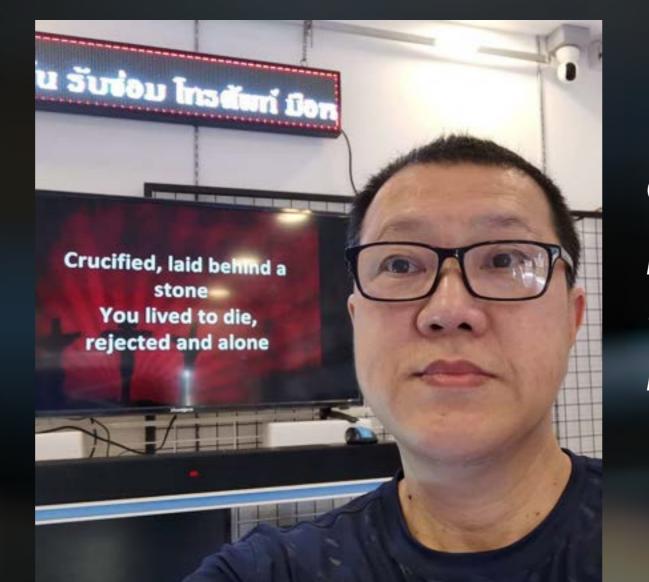
### The Science of Gratitude



Research suggests that gratitude may be associated with many benefits for individuals, including better physical and psychological health, increased happiness and life satisfaction, decreased materialism, and more.







God is good.

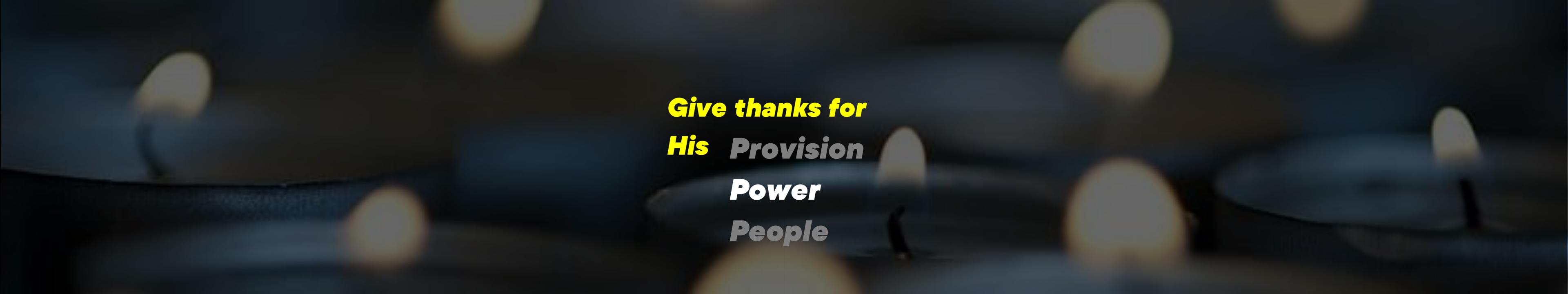
He is always with us.

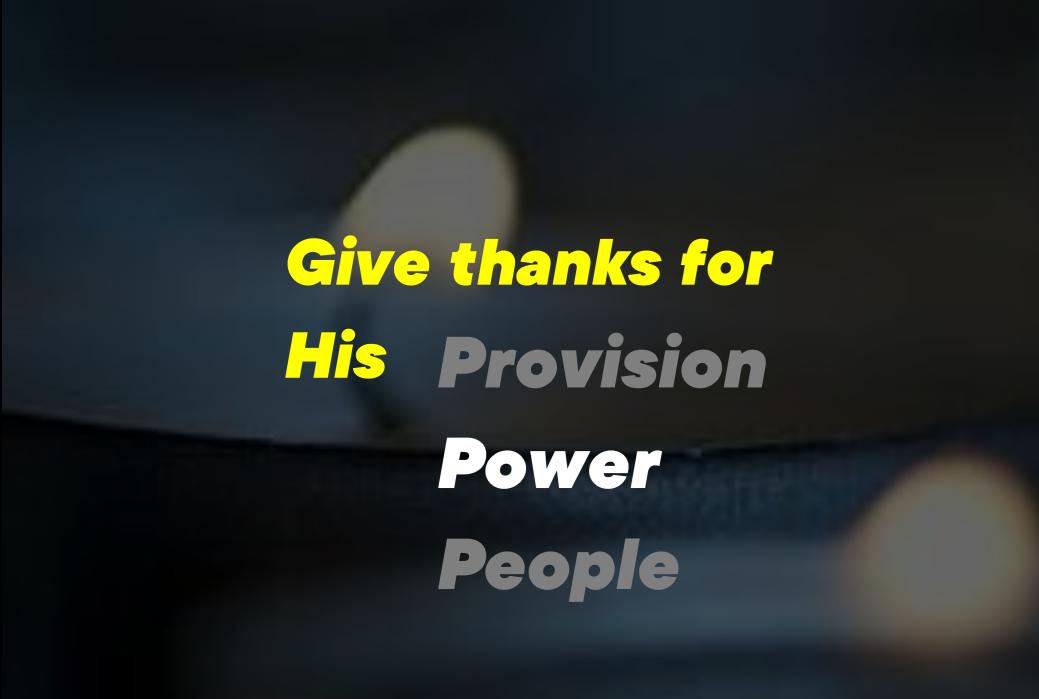
To bless us and guide us in His perfect will.

# Reflect on

All the good things God has blessed you with.

Take time to Bless the Lord.





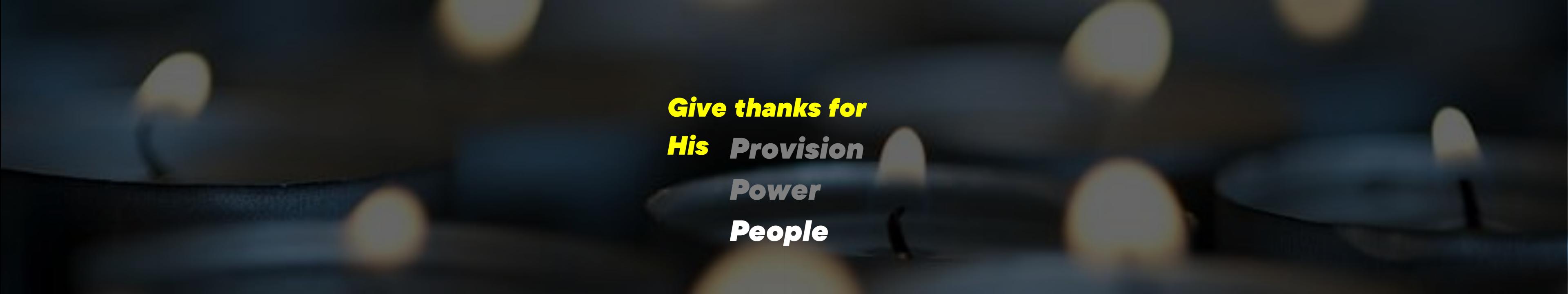




# Reflect on

The Power of God in your lives i.e. answered prayers, the manifest presence of God.

Pray for MORE of His power in our lives.













# Think of

Two or three people in your lives

and Bless the LORD for them!

Choose to give thanks to God from whom all blessings flow