

Free To Rejoice and Give Thanks

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Gratitude and Contentment
Philippians 4:2-9

- I. Our attitude and our sense of gratitude *are not* bound to our circumstances.

- II. Our lives are part of a larger story.

- III. To rejoice is a choice.
 - a. Joy and gratitude involve what we do with our emotions.
 - b. Joy and gratitude involve what we do with our thoughts.
 - c. Joy and gratitude involve what we say.
 - d. Joy and gratitude involve how we pray.

- IV. Joy and gratitude involve noticing small things.

- V. Joy and gratitude always acknowledge a personal giver.

- VI. Joy and gratitude are rooted in real life.