

# In Everything

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*Pastor Kevin Reich*

- 1 Thessalonians 5:12-22
  - Thank God no matter what happens. This is the way God wants you who belong to Christ Jesus to live.
- Psalms 34:1
  - Science says thankfulness effects health:
    - 1. You exercise more
    - 2. Promotes fewer aches and pains
    - 3. Less stress
    - 4. Less depression and anxiety
    - 5. Easier friend development
    - 6. Helps you relate to others
    - 7. Boosts self-esteem
    - 8. Improves sleep
    - 9. Boosts personal happiness
- The giving of thanks to God for all His blessings should be one of the most distinctive marks of the believer in Jesus Christ.
- A Spirit of thanksgiving is always the mark of a joyous Christian.
- 1. Thank God for the material blessings He gives you.
  - 1 Chronicles 29:12-14
- 2. Thank God for the people in your life.
  - 1 Corinthians 1:4
  - Acts 28:15
- 3. Thank God in the midst of trials and even persecution.
  - James 1:2-3
- 4. Thank God especially for His salvation in Jesus Christ
  - 2 Corinthians 9:15
- 5. Thank God for His continued presence in your life.