



Oscar Chavez - Lead Pastor

11/12/23

*"Helping people experience the hope
found in a life-changing relationship with Jesus".*

Gratitude Pt.2.

Philippians 4:6-7

What is gratitude?

Philippians 4:6-7 NIV

⁶ *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

"The bridge between ANXIETY and THE PEACE OF GOD....

"Is Prayer with thanksgiving"

Despite being confined, Paul's letter is remarkably positive and filled with expressions of **joy** and **gratitude**.....

God's desire is for you to be an emotional healthy person.
He has giving us the road map in how to be an emotional healthy person

- I. What to avoid in the process of becoming an emotionally healthy person V.6a
- II. Make a better choice. V.6b
- III. Just follow the instructions and you will see results. V.7



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