

## The Power of Thanks

When you start to count your blessings of what you are thankful for it refocuses your thoughts, perspective, and mind set on how good you really do have it.

A thankful and grateful heart sets you up for blessings in your life.

### Philippians 3:6-8

Anxiousness makes you look at what you don't have instead of what you do have.

Anxiousness makes you a director of your own horror movie, it writes the script of bad news.

Anxiousness makes you become impatient, ungrateful, and unthankful for what you do have and who you have.

Thanksgiving or thankfulness helps you recount all the good things you have, and even the good things of the past.

Thankfulness is like binoculars it brings things back into focus.

The remedy for anxiousness is thankfulness, thankfulness is the remedy that brings you peace.

Thanksgiving and gratitude is a mindful awareness of the benefits of life.

### Philippians 4:8

The income of our thoughts is the outcome of a new life.

We think 50 to 70 thousand thoughts per day. 12% of our thoughts are focused on the future and 80% of our thoughts are negative thoughts.

The way you turn negative thoughts to positive thoughts is to be thankful.

### Mark 6:34-44

When faced with the impossible you need to remind yourself of Him who is possible.

### Mark 6:41

Thankfulness looks at what you do have instead of what you don't and makes it more than enough.

If you can't be thankful for what you have now don't expect more later.

Thankfulness restocks the selves of emptiness and replenishes your joy and peace.

### Luke 6:45

Our words are x-rays of what is on the inside of you.

Do like Jesus look up to Heaven and give thanks to God and watch and see His greatness.