

Spiritual Vitamin T

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I. Introduction.

A. Christians need spiritual “vitamins” for nourishment.

B. Thankfulness is a vitamin. (2 Corinthians 5:16)

II. God’s general will for us is to give thanks in everything.

A. Victory is peace in operation.

B. We give thanks in everything for what God has done and what he will do instead of giving thanks for everything.

C. We must see our problems in relationship to our savior and not ourselves. (1 John 4:4)

III. We must pray with thanksgiving. (Philippians 4:4-6)

A. We pray with thanksgiving by thanking God for all he has already given us.

B. We trust that God’s power and peace is sufficient for the situation.

C. The peace of God insulates.

Application questions:

1. What does it mean to give thanks in everything?

2. How do we pray with thanksgiving for what we have not received?

3. What do you need to do to become a more thankful person? Explain.
