

# "When Times Are Tough"

## Being Thankful in Tough Times (part 5b)

Philippians 4:4-8

**Sermon Notes**

November 20, 2011

### *Keys to Being Thankful in Tough Times*

May you always be joyful in your life in the Lord.

Philippians 4:4 (GN)

#### II. Key #2: **Pray** about **everything**.

"... but in everything, by prayer and petition with thanksgiving, present your requests to God." vs. 6b

**Prayer:** talking to God as an act of worship and devotion.

**Petition:** a specific, detailed direct prayer. Earnest/intense sharing of our personal needs and problems with God.

**Thanksgiving:** simply saying thank you....expressing our gratitude for His actions and attitude towards us, on our behalf.

"When you pray, tell God every detail of your needs." (Ph)

"Unload all your worries on Him since He is looking after you!"  
1 Peter 5:7 (JB)

"You can throw the whole weight of your anxieties upon Him, for you are His personal concern!"  
1 Peter 5:7 (Ph)

"... You do not have, because you do not ask God." James 4:2

*No problem is too **big/small** to pray about.*



Dr. Larry G. Shelton • • • • • Contemporary Service

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#### III. Key#3: Thank God **in** all things.

"... in everything (pray) ... with thanksgiving..." vs. 6b

"always asking Him with a thankful heart." (GN)

"Give thanks in all circumstances for this is God's will for you in Christ Jesus."  
1 Thessalonian 5:18

If you are not experiencing a thankful heart, you are out of God's will.

#### IV. Key #4: **Meditate** (dwell/think on) on the right things.

"Finally, brothers, whatever is true ... noble... right... pure... lovely... admirable.... If anything is excellent or praiseworthy—think about such things." v. 8

"...fill your mind with those things..." (JB)

The root cause of stress:

"As a man thinks in his heart, so is he." Proverbs 23:7 (KJV)

The result? "If you do this, you will experience, God's Peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your heart quiet and at rest as you trust in Christ Jesus." vs. 7 (LB)