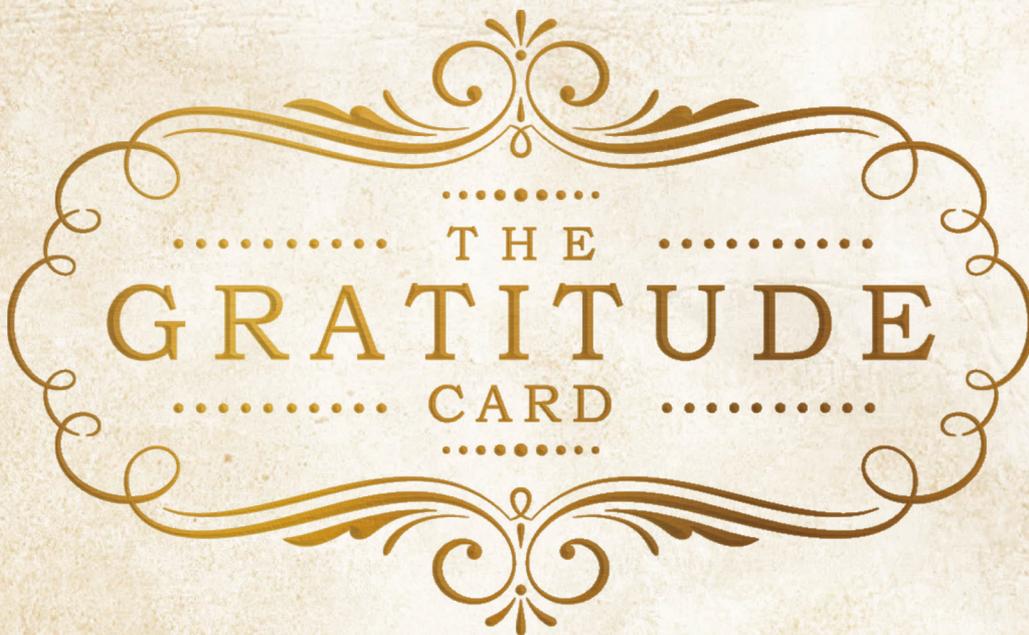


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One popular online retailer recently revealed Americans' favorite Bible verse. No, it was not John 3:16; rather, Philippians 4:6–7 topped the charts.

It begins ...

“Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

Be anxious for nothing? How is that possible? The Bible states that regular expressions of thanksgiving to God and to others provide a powerful antidote to worry. Giving thanks should not be reserved for just one day a year. Let me offer three suggestions to help you strengthen your gratitude muscles:

- 1. Make Gratitude Part of Your Routine.**
Spend a few moments each evening thanking God for His mercies and blessings. This one habit will greatly increase your joy, your happiness, and your overall satisfaction.
- 2. Guard against Going Negative.**
Pessimism is popular these days. But, despite the imperfections we can find in others, we need to remember how blessed we are to live when and where we do. Few people in the history of the world have possessed more advantages than we do as Americans. And we often take these blessings for granted.
- 3. Express Appreciation to Others.**
All gifts ultimately come from God. But He usually showers them on us through other people. Take a moment today to write or call someone who has made a significant impact on your life.



List three things you are grateful for and thank God for them each day for a month.

If someone special makes your list, let them know, too.

“God, thank you for ...”

1 _____

2 _____

3 _____

