

Title: Getting Good at Gratitude

Text: 1 Thess. 5:16-18.

I. Grace Refresher.

A. Unmerited Favor to Sinners Rom. 6:23;
11:6.

B. Gratitude is Grace-itude 1 Tim. 2:1; 1
Thess. 5:16-18.

II. Gratitude Not Done or Done Wrong.

A. Gratitude Not done Psa. 30:4; Rom.
1:18-21.

B. Gratitude Done wrong Mal. 3:6-8; Num.
15:30,31; Luke:18:11; Gal. 2:21.

III. Getting Good at Gratitude.

A. Thanking on purpose. Eph. 5:20; Col
1:10-12; Heb 13:15.

B. Thanking a lot. Eph. 5:20; Heb 13:15.

Title: Extra Strength ~~Pain~~ Stress Relief.

Tex: Psalm 4

I. Call to God in Prayer Ps. 4:1

II. The Challenge Ps. 4:2-5.

A. The message to enemies 2.

B. Confidence in the Lord 3.

C. Exhortation to Obedience 4-5.

III. The Psalmist's Complaint – Prayer Ps. 4:6.

IV. The Relief Ps. 4:7-8.