Title: Tripping on Tryptophan  
Text: Philippians 4:1-9

Target:  Thankfulness is most accurately described as “think”fulness!  To be thankful is to be (think)ful.  Therefore, in order to live in a persistent attitude of gratitude, despite our circumstances we must develop an awareness of the power of persistent prayer.

I. Requires an Eternal __________________:
   A. The Cause:  
   “Names are in the book of Life” (Vs. 3)
   B. The Command:  
   “Rejoice in the Lord always” (Vs. 4)

II. Recognize an Eternal ________________:
   A. The Cause:  
   “the Lord is at hand” (Vs. 5)
   B. The Command:  
   “don’t be anxious about anything” (Vs.6)

III. Respond to an Eternal _______________:  
   A. The Cause:  
   “But in everything” (Vs. 6)
   B. The Command:  
   “let your request(s) be known to God” (Vs. 6)
   • Prayer-Vehicle of Communication based upon relationship.
   • Supplication-Urgency, Crisis or Need
   • Thanksgiving-Expression of Gratitude

IV. Receive an Eternal ________________:
   A. The Cause:  
   “the peace of God...In Christ Jesus” (Vs. 7)
   B. The Command:  
   “will guard your hearts and minds” (Vs. 7)

V. Reflect on an Eternal ________________:
   A. Cause:  
   “worthy of praise” (Vs. 8)
   • Whatever is true: Absolute
   • Whatever is honorable: Affirming
   • Whatever is just: Accountable
   • Whatever is pure: Above
   • Whatever is lovely: Accepting
   • Whatever is commendable: Agreeable
   • Whatever is excellence: Accomplished
   B. Command:  
   “Think on these things” (Vs. 8)


I AM INTERESTED IN:  
☐ BAPTISM  ☐ SMALL GROUPS  ☐ CARE AND SUPPORT  ☐ LOCAL / GLOBAL  
☐ MEMBERSHIP  ☐ VOLUNTEERING  ☐ COUNSELING  ☐ MISSIONS

Prayer Request  ▶  We would love to pray for you!

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