



**YOU ASKED FOR IT – Part 2**  
**How to Handle Stress & Anxiety – Pt. 2**  
**Develop an Attitude of Gratitude**

**New Horizon Church 11-19-2023 Pastor John Raymond**

**James 1:17 (NLT)**, “Whatever is **good** and **perfect** is a **gift** coming down to us **from God our Father**, who created all the lights in the heavens. He never changes or casts a shifting shadow.”

**1. Develop an attitude of \_\_\_\_\_.**

**Colossians 4:2, (NASB)** “Devote yourselves to **prayer**, keeping alert in it with an **attitude of thanksgiving**.”

**Philippians 4:4-5 (NLT)**, “<sup>4</sup> **Always be full of joy in the Lord**. I say it again, rejoice! <sup>5</sup> Let everyone see that you are considerate in all you do. Remember, **the Lord is coming soon**.”

**1 Corinthians 2:9 (NLT)**, “That is what the Scriptures mean when they say, “No eye has **seen**, no ear has **heard**, and no mind has **imagined** what God has prepared for those who love him.”

**Philippians 4:6 (NLT)**, “<sup>6</sup> Don’t worry about anything; instead, pray about everything. Tell God what you need, and **thank him for all he has done**.”

**2. Thank God in \_\_\_\_\_ times.**

**1 Thessalonians 5:17-18 (NLT)**, “Never stop praying. 18) **Be thankful in all circumstances**, for this is God’s will for you who belong to Christ Jesus.”

**Acts 16:25-26 (NIV)**, “<sup>25</sup> About midnight Paul and Silas were **praying** and **singing** hymns to God, and the other prisoners were listening to them. <sup>26</sup> Suddenly there was such a violent **earthquake** that the foundations of the prison were shaken. At once all **the prison doors flew open**, and everyone’s **chains came loose**.”

**Colossians 3:15-17 (NLT)**, “<sup>15</sup> And let the peace that comes from Christ rule in your hearts. For as members of one body, you are called to live in peace. And **always be thankful**. <sup>16</sup> Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. Sing psalms and hymns and spiritual songs to God with thankful hearts. <sup>17</sup> And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father.”

**Psalm 28:7 (NLT)**, “The LORD is my strength and shield. **I trust him with all my heart**. He helps me, and my heart is filled with joy. I burst out in songs of **thanksgiving**.”

**3. Thank God through \_\_\_\_\_.**

**Psalm 34:3-4 (ESV)**, “<sup>3</sup> Oh, **magnify** the LORD with me, and let us **exalt** his name together! <sup>4</sup> I sought the LORD, and he **answered** me and **delivered** me from **all my fears**.”

**Psalm 107:8 (NIV)**, “Let them **give thanks to the LORD** for his unfailing love and his wonderful deeds for mankind.”

**Psalm 107:8 (NLT)**, “Let them **praise the LORD** for his great love and for the wonderful things he has done for them.”

**Psalm 9:1 (ESV)**, “I will **give thanks** to the LORD with my whole heart; I will recount all of your wonderful deeds.”

**Psalm 9:1 (NLT)**, “I will **praise you**, LORD, with all my heart; I will tell of all the marvelous things you have done.”

**Psalm 95:1-2 (NIV)**, “<sup>1</sup> Come, let us **sing** for joy to the LORD; let us **shout aloud** to the Rock of our salvation. <sup>2</sup> Let us come before him with **thanksgiving** and extol him with **music** and **song**.”

**Psalm 105:1 (NLT)**, “Give **thanks** to the Lord and proclaim his **greatness**. Let the whole world know **what he has done**.”

**Psalm 100 (NIV)**, “<sup>1</sup> Shout for joy to the LORD, all the earth. <sup>2</sup> **Worship the Lord with gladness**; come before him with joyful songs. <sup>3</sup> Know that the LORD is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. <sup>4</sup> Enter his gates with **thanksgiving** and his courts with **praise**; give **thanks** to him and **praise** his name. <sup>5</sup> For the LORD is **good** and his **love** endures forever; his **faithfulness** continues through all generations.”

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