

Training Worksheet

Start by Giving THANKS

Philippians 4:1–9

Training Truths

Training Thought: How does starting with THANKFULNESS promote a life of praise?

It helps you live _____ in the gospel
Philippians 4:1–5

It reminds you to _____ your cares to Christ
Philippians 4:6–7

It forces you to _____ on the positives
Philippians 4:8–9

Talking Points

Are you a generous person, and not just materially? Do you give people more than they expect of your time, care, concern, hospitality, etc.? If you are, you are probably also a THANKFUL person. And the reverse is also true.

When dealing with others would the phrase “sweetly reasonable” describe you? It certainly described our Savior. In fact, it still does. How sweetly reasonable He is to us in dealing with our sin issues. May our lives be sweetly seasoned the holiday season with “the aroma of Christ to God among those being saved.” [2 Corinthians 2:15]

Our thought life is so powerful. Do you notice how much what is going on inside you effects what comes out of you? Are the thoughts and feelings that fill you mostly positive or negative? If you tend to be focused on the negative, memorize Philippians 4:8 and speak its truth when those thoughts fill your head and your heart.