



Philippians 4:4-9 New Revised Standard Version

⁴Rejoice in the Lord always; again I will say, Rejoice. ⁵Let your gentleness be known to everyone. The Lord is near. ⁶Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

⁸Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. ⁹As for the things that you have learned and received and heard and noticed in me, do them, and the God of peace will be with you.

Notes _____



It's that time of the year once again. No, not the holidays. I mean that time when many roll up their sleeves and experience the slight jab of a needle in the upper arm. That's right! It's flu season. We've heard much about it in the news of late and it is only a matter

of time before the aches, sniffles, and fatigue make their rounds. While not everyone takes the flu shot year after year, many do in an effort to reduce the severity of the illness if contracted.

Sometimes, I wish there were more vaccines out there. Not the type aimed at physical conditions, but rather ones which might:

- Help us in being kind to one another.
- Enable us to overcome personal prejudice.
- Cause us to think more before speaking.
- And...perhaps one that would boost our gratitude.

The latter is greatly needed in our present-day world. We live in times where people have come to expect certain things. Somewhere, this Friday, people will trample upon others to get a good deal. Chances are pretty good that more food will be tossed out than what we are capable of consuming. Over the coming weeks, ads will entice us with all of the latest stuff to "satisfy" a void in our lives. We live at a time when words such as "want," "give me," and "is that all" have come to dominate our vocabulary. In all honesty, we have a pandemic on our hands. No, not that of COVID-19, but rather one of ingratitude. We've made ourselves "sick" by losing sight of simple gifts and failing to acknowledge the "One from whom all blessings flow."

It's a matter which affects all of us. Yes, I said it. Church people. Unchurched people. Young. Mature. Male. Female. We might expect it from a people who "ought to know better." However, we must realize that we are all in a position of "ought to know better." When writing to the believers in Philippi, Paul addressed the subject of being thankful. Paul's setting was not ideal, but he still found reason to praise God's goodness. His words encourage us to:

- 1. Incessantly and intentionally celebrate God.**
- 2. Acknowledge and appreciate former blessings.**
- 3. Redirect and reshape our thinking.**

Prayer Pebble: Lord, I don't need or want anything. I wish to tell you, "Thank You!" Amen.