

*Discovering Your Priceless Treasures IN CHRIST:  
Through Thanksgiving Therapy!*

First Baptist Church, Montgomery, Alabama | Jay Wolf, Pastor

♥ The Key to Happiness is a GRATEFUL HEART

 Ephesians 5:17-20

GOD'S GUIDELINES FOR IMPLEMENTING THE THERAPY OF THANKSGIVING:

1. Question: **WHEN DO YOU GIVE THANKS?**

Answer: ALWAYS

*"I will bless the Lord at all times; His praise shall continually be on my lips." —  
Psalm 34:1*

Gratitude Blockers:

- a. "I Deserve It"
- b. "I Did It"

2. Question: **WHAT DO YOU GIVE THANKS FOR?**

Answer: ALL THINGS

*"In everything give thanks; for this is God's will for you in Christ  
Jesus." — 1 Thessalonians 5:18*

3. Question: **WHY DO YOU GIVE THANKS?**

Answer: BECAUSE JESUS IS SUFFICIENT

*"But thanks be to God! He gives us the victory through our Lord Jesus Christ.  
Therefore, my dear brothers and sisters, stand firm. Let nothing move you.  
Always give yourselves fully to the work of the Lord, because you know that  
your labor in the Lord is not in vain." — 1 Corinthians 15:57-58*

**BOTTOM LINE: Victory is not determined by your  
Circumstances but Relationships**