RHYTHM
SETTING THE TEMPO FOR YOUR DAILY ROUTINE

Where to Begin —
The Rhythm of Gratitude

Psalm 92:1-2
(NIV)

“Today I will do what others won’t, so tomorrow I can accomplish what others can’t.”

~ Jerry Rice ~

One Key Word:

“__________”

Tempo Truth #1
Effective life begins with

________

“Enter his gates with thanksgiving...”

Psalm 100:4

3 ACTIONS THAT WILL HELP YOU SET A
RHYTHM OF GRATITUDE IN YOUR LIFE:

1. Start Keeping Track of

“Lord, you have assigned me my portion and my cup; you have made my lot secure. The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance.”

Psalm 16:5-6

“The rabble with them began to crave other food, and again the Israelites started wailing and said, ‘If only we had meat to eat! We remember the fish we ate in Egypt at no cost — also the cucumbers, melons, leeks, onions and garlic. But now we have lost our appetite; we never see anything but this manna!’”

Numbers 11:4-5

Simple Truth #1
The more you focus on the good things _______ —
the more good things will come _______

Take Away for Today:
The more you _______________ your life —
the more your life will __________________

2. Begin and End Each Day with a _____________ __

“We are grateful for what you do.”

New Life Resolution #1
Every morning when you wake up —
every night before you go to sleep —
say “__________ _______” to God

“The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.”

Lamentations 3:22-23 (ESV)

“Give thanks in all circumstances, for this is God’s will for you in Christ Jesus.”

1 Thessalonians 5:18

3. Say Thank You to the ___________ __ ____________

New Life Resolution #2
Make it a point to say thank you
to someone ____________ ____________

“I thank my God every time I remember you.”

Philippians 1:3

“We always thank God, the Father of our Lord Jesus Christ, when we pray for you.”

Colossians 1:3

“We always thank God for all of you, mentioning you in our prayers.”

1 Thessalonians 1:2
November 1, 2020

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2. **Begin and End Each Day with a __________ __________**

“It is good to give thanks to the Lord, to sing praises to your name, O Most High; to declare your steadfast love in the morning, and your faithfulness by night.”

Psalm 92:1-2 (ESV)

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