

November 15, 2020

Thanksgiving and Anxiety

Daniel 6

THANKSGIVING / GRATITUDE is an antidote for anxiety.

Lessons from the lions:

Daniel 6:1-10 / 1 Peter 2:12 / Matthew 26:41

- The world does not understand our **CHRISTIANITY**, only our **CONDUCT**.
- The battle is not won or lost in the **MOMENT OF CRISIS**, but in the practices and habits developed for **MONTHS OR YEAR BEFORE THE CRISIS**.

The tension between GRATITUDE and GRIEF:

Colossians 3:15-17 / Philippians 4:4-7 / Matthew 6:25-34

- Thanksgiving / Gratitude is about all that is **RIGHT** with the world.
- Prayer is about everything that is **WRONG** with the world.
- Anxiety is a grasping for control of what we **DO NOT HAVE** in the **FUTURE**.
- Gratitude is giving thanks for what we **DO HAVE** in the **PRESENT**.