

Nov. 18, 2018
“Four Magic Words”
(Psalm 145:2-11 ; Psalm 126:1-3)

The four magic words: “ _____ ”

The psalmist did not forget how God _____ the people of Israel.

G.K. Chesterton wrote: *The test of all happiness is _____.*”

These four words, “*I Thank You, Lord*” are the key to a _____ life.

Over a period of two decades, scientific research on happiness can be boiled down to one main prescription: “ _____.”

Some simple things we can do to increase our sense of gratitude:

#1. - _____ your blessings.

Sometimes we focus so completely on the _____ things that we forget to focus on things that go well.

In the research, people who practiced writing 3 blessings down each day for a week, found increases in happiness that lasted for as long as _____ months!

#2. - Mental _____.

Sometimes just _____ that something that you treasure is gone is enough to make you _____ what you’ve got.

#3. - _____ your thanks to someone.

Think of someone who has done something good for you and write them a “ _____ ” letter.

When we express _____ to another person, we make two people happy.

That remarkable woman Hellen Keller was _____ and _____ and yet she never ceased giving God thanks for the gift of _____!

Of course, the most _____ words of gratitude are those we give to God. “ _____.”

May we never forget those four magic words: “I Thank You, Lord!”