

March 13 Adult Spiritual Growth Class Synopsis

Anxious for Nothing: Chapter 7: Great Gratitude

What are some things for which you are grateful that God has already provided? What are some things you thought might never happen that God has given to you?

If you kept your focus on the gifts that you already have received and that you cannot lose, how might your attitude, relationships and prayer life change?

The Apostle Paul states in Philippians 4:6 that in *every situation by prayer and supplication, with thanksgiving, present your requests to God*. A question to ourselves may be, do I, in every circumstance, even in the worst of circumstances, enter my prayer with a grateful heart for what God has already done and provided? Lucado shares that gratitude leads us off the bank of If Only and escorts us to the fertile valley of Already. He states that the anxious heart says, "Lord, if only I had this, that or the other I'd be okay." The grateful heart says, "Oh, look! You've *already* given me this, that and the other. Thank you, God."

Paul writes in Philippians 4:11-13: *"I have learned to be content with whatever I have. I know what it is to have little, and I know what it is to have plenty. In any and all circumstances I have learned the secret of being well-fed and of going hungry, of having plenty and of being in need. I can do all things through Him who strengthens me."* Paul was incarcerated in a Roman prison when he penned this epistle to the Christians at Philippi, but he used it as an opportunity to emphasize the value of contentment in whatever circumstances we may find ourselves, whether financial hardship, dire need or severe persecution. Paul had discovered the "secret"; the joy of the Lord was his strength and that His grace is sufficient in all things. He had learned that whether he had much or very little he was content with his lot for he knew that God was in control. Paul discovered that there is no greater contentment than abiding in Christ, submitting to His Holy Spirit and trusting God in all things. We too are to follow Paul's model regardless of circumstances, knowing that it is God to Whom we look for our provision for He has promised to provide all we need according to His riches in Christ Jesus our Lord (Philippians 4:19). When He does provide for our need or should He choose to withhold for a time, we are to be content in all things... giving thanks to God for His sufficiency at all times - for He is the One who deserves our never-failing honor and our eternal praise.

Lucado shares that "we are to anchor our hearts to the character of God. Death, failure, betrayal, sickness, disappointment – they cannot take our joy, because they cannot take our Jesus." Scripture fills us with the character of the everlasting God. God is love; He is a shield for all those who take refuge in Him; He is rich in mercy; His favor is for a lifetime; He established the world by His wisdom and He stretched out the heavens by His understanding; He is unchanging – He is the same yesterday, today and forever; Righteousness and justice are the foundation of His throne and steadfast love and faithfulness go before Him. He is our deliverer and provider, our Jehovah Jireh.

As we approach God in prayer and supplication, how can we not be anything but thankful when we praise God for who He is and for what he has given? In Romans 8:32, *He who did not spare his own Son, but gave him up for us all – how will he not also, along with him, graciously give us all things?* In Job 33:1, *The Spirit of God has made me, and the breath of the Almighty gives me life*. In 1 Timothy 6:17, *Trust in the living God who gives us richly all things to enjoy*. In James 1:5, *If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you*.

In 1 Corinthians 15:57, *But thanks be to God! He gives us the victory through our Lord Jesus Christ.* In Job 35:10, *God my maker, who gives songs in the night.* In Psalm 29:11, *The Lord will give strength to His people; the Lord will bless His people with peace.* In Psalm 34:7, *The angel of the Lord encamps around those who fear Him, and delivers them.* In John 3:16, *For God so loved the world that He gave His One and only Son, that whoever believes in Him shall not perish but have eternal, life.* In Hebrews 12:2, *Let us fix our eyes on Jesus, the Author and Perfector of our faith.* In John 14:26, *But the Helper, the Holy Spirit, whom the Father will send in my name, He will teach you all things, and bring to your remembrance all that I said to you.* In John 14:2-3, *My Father's house has many rooms; if it were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.*

A prayer worth praying: **Lord, I might not have all that I want, but I have all that I ever need and I have that in You. I may not have all of my heart's desires, but all that I could ever desire is found in You. God, You are more than enough.**

A song to reflect and pray on:

[Blessings - Laura Story \(with lyrics\) - Bing video](#)

Looking ahead – Sunday March 27

Anxious for Nothing: Finding Calm in a Chaotic World

Section 3: Leave Your Concerns With Him,,,With Thanksgiving

Chapter 8 – God's Peace, Your Peace