



Week 28 7/9-7/15

When we learn to relax in God's grace and practice habits of happiness, we begin to understand the secret of true happiness that comes only through Jesus.

Practice Gratitude

"Give thanks in all circumstances; for this is God's will for you in Christ Jesus. 1 Thes 5:18

Re-read the verse again paying attention to the fact that it says IN all, not FOR all.

NIV Notes: Paul was not teaching that we should thank God FOR everything that happens to us, but IN everything. Evil does not come from God so we should not thank Him for it. BUT, when evil strikes (and it is and will continue too) we can still be thankful for God's presence and for all of the good He will accomplish through it.

