

## **COUNTING OUR BLESSINGS**

II Corinthians 11:23-28 & I Thessalonians 5:14-18 • November 21, 2021

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### **INTRODUCTION:**

- A. Covid has flushed out both the discouraged pessimists and the hopeful optimists.
- B. How to be an optimist.

***Always be joyful. Never stop praying. Be thankful in all circumstances***

***for this is God's will for you who belong to Christ Jesus.*** – I Thessalonians 5:16-17

### **I. BE A PERSON WHO CHOOSES JOY**

- A. Remember to **choose** joy daily.

***Always be joyful.***

– I Thessalonians 5:16

- B. **Joyful** people are knocked down but, not “stayed down” people.

***"Five different times the Jewish leaders gave me thirty-nine lashes. Three times I was beaten with rods. Once I was stoned. Three times I was shipwrecked. Once I spent a whole night and day adrift at sea. I have traveled on many long journeys. I have faced dangers from rivers and from robbers. I have faced danger from my own people, the Jews, as well as from the Gentiles. I have faced danger in the cities, in the desert, and on the seas. And I have faced danger from men who claim to be believers but are not. I have worked hard and long, enduring many sleepless nights. I have been hungry and thirsty and have often gone without food. I have shivered in the cold, without enough clothing to keep me warm. Then besides all this, I have the daily burden of my concern for all the churches.***

– 2 Corinthians 11:23

- C. ....***for this is God's will for you who belong to Christ Jesus.***

– I Thessalonians 5:18

### **II. BE A PERSON WHO CONTINUALLY PRAYS**

- A. ***Never stop praying.***

– I Thessalonians 5:17

- Joyful people are great prayers.

- B. The great Apostle Paul exhorts us to pray **continually**:

***Pray always.***

– Ephesians 6:18

***Continue in prayer.***

– Colossians 4:2

***Keep on praying.***

– Romans 12:12

- C. The benefits of praying....

### **III. BE A PERSON FULL OF THANKSGIVING.**

- A. ***Be thankful in all circumstances....***

– I Thessalonians 5:18

- B. It is true that life tries to **turn** us into "ungrateful, unthankful" people.

- The prescription is to "count our blessings"

- C. It is about **what** we are focusing on.

- Thankful people are always looking for the good in a bad situation.

### **CONCLUSION:**