

A close-up photograph of a person's hands holding a camera. The person is wearing a white and blue patterned sweater. The background is a soft-focus scene of autumn leaves in shades of orange, yellow, and brown. The text is overlaid on the image.

**1 THESSALONIANS 5:16-18**

**THANKK THERAPY**

**JIM BURNS**





Thankfulness is an attitude.

THANK  
THERAPY

JIMBURNS



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*Give thanks in all circumstances; for this is God's will for you in Christ Jesus.*

1 Thessalonians 5:18

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*Therefore do not worry about tomorrow, for tomorrow will worry about itself.*

*Each day has enough trouble of its own.*

Matthew 6:34

THANK  
THERAPY

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**Make the spiritual discipline of Thanksgiving a habit.**

THANK  
THERAPY

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# Make the spiritual discipline of Thanksgiving a habit.

*Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.*

Philippians 4:8-9

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# Make the spiritual discipline of Thanksgiving a habit.

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THANK  
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**Practice Thank Therapy.**

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Jesus Christ is the ultimate reason for our thankfulness.

THANK  
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