

The Drain is Real!

- _____ Americans say they've already hit burnout before age 30.
- _____% of workers say they're burned out right now.
- _____% bring their work stress home.
- Half of adults say _____ and _____ are hurting their mental health.

Jehoshaphat – King of _____ - Southern Kingdom after the Split of _____.

You can't always change what's coming against you, but you can change your _____.

We do not know what to do, but _____ (2 Chronicles 20:12)

Do not be afraid or discouraged because of this vast army. For the battle is _____, _____ (2 Chronicles 20:15)

Practical Ways to Reset, Reboot, Rejoice

1. Reset...
2. Reboot...
3. Rejoice...

6 Scriptures to Build a Life of Gratitude

Psalms 34:1 "I will bless the Lord at all times; His praise will always be on my lips."

 **Goal: Practice daily praise — speak gratitude out loud at least once every morning and every evening.**

Philippians 4:6–7 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

 **Goal: When anxiety shows up, pause to thank God before you ask Him for help. Let gratitude calm your heart.**

Colossians 3:15–17 "Let the peace of Christ rule in your hearts... and be thankful."

 **Goal: Invite Christ's peace to guide your responses — replace one complaint this week with thanks.**

1 Thessalonians 5:16–18 "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

 **Goal: Keep gratitude on repeat — thank God in the situation, not just after it changes.**

Psalms 100:4–5 "Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name."  **Goal: Start everything with thanksgiving — enter God's presence through gratitude.**

James 1:2–4 "Consider it pure joy... whenever you face trials of many kinds."

 **Goal: Reframe every challenge this week as a chance to grow stronger — choose gratitude over grumbling.**



Baptism Sunday

November 23



Ready to take your next step with Jesus?

Learn about Baptism



Make a #REELthanks video

Pull out your phone and record (Vertical please)

Just say...

“My name is ____, and I want to give God thanks in advance for ____.”

Post it on social media with #REELthanks & #RedemptionPlano



Practice Gratitude!

Today we'll end the message by writing thank-you cards - simple words of gratitude that become acts of worship.
Put Your Thanks in Action!



This is Connect Group
This is Transformation
This is Redemption

We have **2** weeks of CG left in 2025

#GetConneced
#GrowFaith

GIVE ONLINE with CashApp



\$redemptionplano