

Thanks In Advance 2 – Feel Drained? Reset, Reboot, Rejoice.

Chris Fluitt - November 9, 2025

Texts: 2 Chronicles 20; Matthew 6:33

Big Idea: Thanks is a reset. Thanks is a reboot. Thanks is a rejoice. Gratitude reframes your situation.

Thanks in Advance BUMPER

Welcome to Redemption Church of Plano, Tx. My name is Chris Fluitt and I have so much to be thankful for!

Thanks In Advance Title

We are in the 2nd week of our Thanks In Advance series. Last week we told you that Thanks is a secret weapon. If you missed it be sure to check it out on Youtube, Spotify, Our Redemption Church podcast, or on RedemptionPlano.com.

Today I want to know... Have you ever just felt *drained*?

Like you're running on empty - your joy's low, your patience is thin, and even small things feel heavy?

You're showing up, doing the right things, serving God, loving your family - but inside, you're running out of fuel.

That's what today's message is about.

Feel Drained? Reset, Reboot, Rejoice.

Sometimes the problem isn't that you've done something wrong - it's that life has been pulling from you faster than you can refill.

And that's exactly where we find a man named **Jehoshaphat**.

We will talk about him later... first let's talk about us.

The Drain is Real! Progressive click

We live in a world that makes us feel - surrounded, stretched, and spiritually tired.

- One in four Americans say they've already hit burnout before age 30.
- 52% of workers say they're burned out *right now*.
- 80% bring their work stress home.
- Half of adults say anxiety and burnout are hurting their mental health.

We're the most connected generation in history - and the most *exhausted*.

We run faster but rest worse.

We have more technology and less peace.

So, what do you do when you feel surrounded and drained?

Jehoshaphat shows us what to do.

King Jehoshaphat Bio

[Jehoshaphat (873–848 BC)]

- King of Judah (Southern Kingdom after the split of Israel)
- Son of Asa, known as a good and godly king (2 Chronicles 17–20)
- Ruled from Jerusalem for 25 years
- Led spiritual reform – tore down idols and called people back to God
- Formed alliances with other nations (some good, some costly)
- Faced overwhelming odds in battle – *and won through worship*
- Main story today: *2 Chronicles 20*

Let's step into this story for a minute.

Jehoshaphat isn't just another name buried in your Bible reading plan - he's a real man with real pressure sitting on his shoulders.

He's the **king of Judah**, the southern kingdom after Israel split into two.

And here's a key for us today:

Jehoshaphat didn't cause the mess he's standing in. He inherited it.

Generations before him made bad decisions...

- kings who worshiped idols
- ignored God's word
- led people away from truth.

Now Jehoshaphat is doing everything he can to clean up the spiritual mess he didn't create. PERHAPS YOU CAN RELATE?

He's trying to rebuild a nation's faith in a time when faith has gone out of style.

He's been trying to:

- Be a **good leader** - governing with integrity.
- Be a **godly man** - seeking the Lord personally.

- **Bring his nation back to God** - tearing down idols, restoring worship.
- **Rebuild trust** after generations of failure.

And now it looks like all that faithfulness might mean nothing, because he's surrounded by people who don't care about God at all.

2 Chronicles 20:1 - After this, the Moabites and Ammonites, with some of the Meunites, came to wage war against Jehoshaphat.

Three nations form an alliance to destroy Judah.

A messenger bursts into the palace shouting...

A vast army is coming against you. (2 Chronicles 20:2)

Jehoshaphat has **no time to prepare, no way to win, no one to call, and no allies to rely on.**

He's surrounded - and everyone's looking to him for answers.

-He's faithful, but frustrated.

-Godly, but overwhelmed.

-Trying to fix the mess of past generations, but it looks like he might die under the weight of it.

And maybe you've been there too - doing your best to serve God, but the problems keep stacking up.

You can't control the situation.

You can't stop the armies that are marching toward you.

But you *can* reframe it.

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

Jehoshaphat can't control the battle - but he can control his belief.

He can't fix the army - but he can fix his focus.

And that's exactly what he does.

He **resets**, he **reboots**, and he **rejoices**.

1. RESET – Seek God First & Thank Him in Advance

What does that look like?

Alarmed, Jehoshaphat resolved to inquire of the Lord. (2 Chronicles 20:3)

He's afraid, but instead of spiraling, he *thanks God in advance* by seeking Him first.

He calls the nation to fast and pray.

He says,

We do not know what to do, but our eyes are on You. (2 Chronicles 20:12)

That's the **reset**.

He takes his eyes off the army and fixes them on Almighty God.

He doesn't start with what he can't do; he starts with what God can do.

And Jesus said it like this in **Matthew 6:33**:

(Matthew 6:33) Seek first the Kingdom of God and His righteousness, and all these things will be given to you as well.

Jesus teaches us to reset our priority.

Gratitude helps you reset because

thankfulness pulls your focus back to God's faithfulness.

When life drains you, the first step isn't to run harder - it's to *thank God first* and let your focus reset on Him.

2. REBOOT – Stand Firm on God’s Word

As the people are praying, the Spirit of God comes upon a man named **Jahaziel** - an ordinary Levite from the priestly tribe, not a prophet, not a general - just someone ready to listen to God.

He stands up and says,

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

That’s the **reboot**.

That’s when God interrupts the noise of fear with the truth of faith.

You will not have to fight this battle. Take up your positions; stand firm and see the deliverance the Lord will give you. (v.17) (2 Chronicles 20:15)

Jehoshaphat doesn't have to fix the fight - he just has to *stand still and trust*.

When you hear from God - that's a reboot.
When you receive new truth to build your life on - that's a reboot.

That's why it's so important to **seek God in prayer, read His Word, and be around others who do the same.**

Because what happens in those moments - the truth that enters your heart - isn't just a reset, it's a *complete reboot*.

It's something you can now *stand on*.

It's a foundation you can *start again* from.

It started with a **reset**, which led to a **reboot**, and next - it's going to lead to a **rejoice**.

3. REJOICE – Let Your Praise Lead the Way

Jehoshaphat now makes a bold move.
He doesn't send the warriors out first - he sends the *worshippers*.

“Jehoshaphat appointed men to sing to the Lord and to praise Him for the splendor of His holiness as they went out at the head of the army, saying:

‘Give thanks to the Lord, for His love endures forever.’” (2 Chronicles 20:21)

They lead with praise.
They thank God before the first arrow flies.
They rejoice *before* the results.

As they began to sing and praise, the Lord set ambushes against their enemies. (2 Chronicles 20:21)

As they sang, God fought.
As they praised, God moved.
Their worship became their weapon.

By the time they reached the battlefield, the enemy was gone.

They spent three days collecting blessings from a battle they never had to fight.

Because they gave thanks in advance, they spent more time receiving blessing, than they did fighting.

That's what happens when your praise leads the way - gratitude reframes your battle so God can fight for you.

So what do we do when we feel drained? When the battle feels too big and our strength feels too small?

Practical Ways to Reset, Reboot, Rejoice

Progressive click

Here's how you put this into practice:

1. Reset your focus with thanks.

- When work feels chaotic, pause and thank God for the opportunity to work.
- When your home feels loud or overwhelming, thank Him that you have people who need you.
- When your day starts stressful, stop and say, *“Thank You, Lord - You’re still in control.”*
- And don’t just thank God - thank *people.*

Thank your boss for trusting you.

Thank your teacher for caring enough to challenge you.

Thank your friends for showing up.

Thank your spouse, your kids, your team.

When you express thankfulness in a chaotic environment, it reframes the atmosphere.

Gratitude resets the situation - it changes the tone, it changes the energy, it changes you.

Thankfulness doesn't just reset your heart - it resets the room.

2. Reboot your response through gratitude.

- When anxiety or worry rises up, stop and say,
"I don't know what to do, but my eyes are on You."
"The battle is not mine; it's Yours."
- When your team at work starts to panic, take a breath and reframe the moment. You might say something like,
"Guys, I know this is tough, and we don't have every answer right now - but I'm so thankful for you on this team. I'm grateful for how hard

everyone's working, and I believe we'll find a way through this."

- That kind of gratitude doesn't deny reality - it changes it.
It turns a tense meeting into a moment of unity.
It turns pressure into perspective.
- Gratitude reboots your thinking from reaction to revelation.

3. **Rejoice by letting praise lead your day.**

- Before the outcome, before the breakthrough - praise Him.
- Play worship music before a tough meeting.
- Thank Him out loud before that conversation you're dreading.
- When your family's tense, lead with gratitude and watch the tone change.

- And remember - sometimes the momentum you need in life starts with simple thankfulness.
Take time to thank others.
Thank your coworkers, your family, your friends.
Thank God for what He's already done.
Call out the wins and the victories you've already had - *say them out loud*.
That kind of thankfulness creates spiritual & emotional momentum.
It moves you from *drained* to *overflowing*.
Gratitude isn't just good manners - it's a power source.
When you live like that, your praise doesn't just follow the victory - it leads you into it.
-

A Thankful Army!

Redemption Church, imagine if we lived like this.

A people who lead with praise before the problem, who refuse to stay drained because we've learned how to reset, reboot, and rejoice.

We wouldn't just survive hard weeks - we'd transform them.

We wouldn't just endure pressure - we'd turn it into praise.

That's who we're called to be - not a fearful army, but a **thankful army**.

Let's say it together:

Thanks is my reset.

Thanks is my reboot.

Thanks is my rejoice.

Gratitude reframes my situation.

And here's the truth -
if you'll practice that kind of gratitude, you
won't just *feel* better... you'll *see* better.

You'll start viewing your life through a
different lens - a lens of faith, not fear.

So as we move into a moment of worship,
here's your **Gratitude Game Plan** - three
ways to live this out starting right now.

The Gratitude Game Plan

1. **Start every morning with one
gratitude, before anything else.**

"Thank You, Lord, for this day."

Reach for God before you reach for
your phone.

This is a RESET! We are going to look to God.

2. When anxiety hits, pray Jehoshaphat's prayer:

"I don't know what to do, but my eyes are on You."

Truth reboots our faith.

Ask JESUS to reboot your faith.

3. Right now - put this message into action.

Don't just hear it — *do* it.

As our team leads us in worship, head toward the prayer area.

You'll find **blank thank-you cards** there.

Take one — and write a thank-you note:

- Maybe it's to the Lord for something He's already done.
- Maybe it's to someone who's helped carry you through a hard season.
- Maybe it's to a person you've been

meaning to appreciate but haven't yet.
Write it. Mean it. Let it be your act of
worship and prayer.

When you're finished, you can:

- Leave your note.
- Or take it with you and deliver it to that person this week.

This isn't just a symbolic act - it's a spiritual reset.

As you thank God and thank others, you're creating momentum.

You're turning gratitude into movement.
You're stepping out of drained and into overflow.

So come. Pray. Write. Worship.

Thank Him in advance for the victory that's already on the way.