

Be THANKFUL !

- Complaining
- Craving
- Comparison

# COMPLAINING



# CRAVING



“You were the seal of perfection,  
full of wisdom and perfect in  
beauty.”

“You were anointed as a guardian  
cherub,  
for so I ordained you.

You were on the holy mount of God;  
you walked among the fiery stones.

<sup>15</sup> You were blameless in your ways  
from the day you were created  
till wickedness was found in you.”

“In the pride of your heart  
you say, “I am a god;  
I sit on the throne of a god  
in the heart of the seas.”

“By your great skill in trading  
you have increased your wealth,  
and because of your wealth  
your heart has grown proud.”

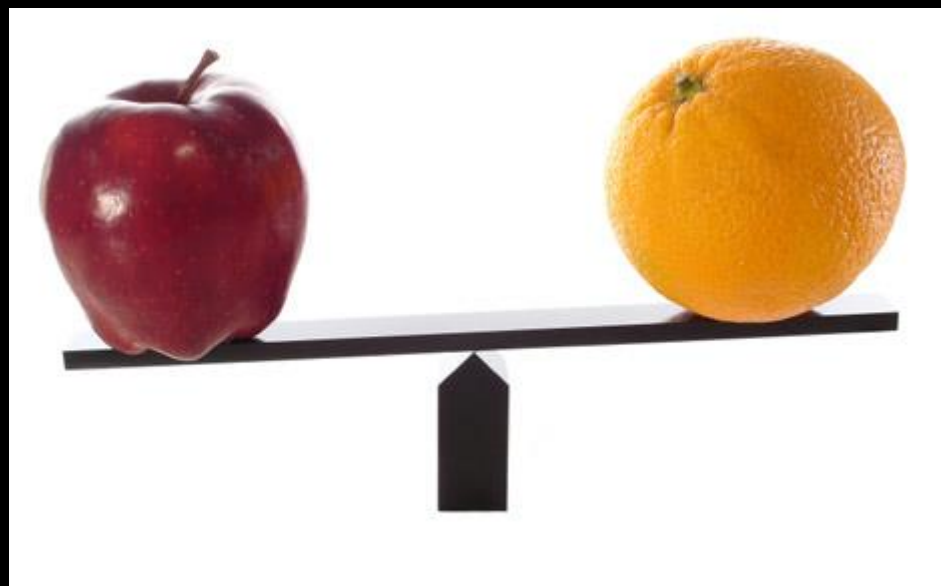
“So I threw you to the earth;”  
(Ezekiel 28)

“Above all else, guard your heart,  
for everything you do flows from it.”  
(Proverbs 4v23)

“In 12 years of research, I have never interviewed a single person with capacity to really experience joy who does not also actively practice gratitude”

Brené Brown Ph.D.

# COMPARISON





“Now you are the body of Christ, and each one of you is a part of it.<sup>28</sup> And God has placed in the church first of all apostles, second prophets, third teachers, then miracles, then gifts of healing, of helping, of guidance, and of different kinds of tongues. <sup>29</sup> Are all apostles? Are all prophets? Are all teachers? Do all work miracles? I urge you to live a life worthy of the calling you have received”

“But God has put the body together, giving greater honor to the parts that lacked it,<sup>25</sup> so that there should be no division in the body, but that its parts should have equal concern for each other. <sup>26</sup> If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.”

<sup>15</sup> Now if the foot should say, “Because I am not a hand, I do not belong to the body,” it would not for that reason stop being part of the body.”

“<sup>18</sup> But in fact God has placed the parts in the body, every one of them, just as he wanted them to be. <sup>19</sup> If they were all one part, where would the body be? <sup>20</sup> As it is, there are many parts, but one body.”

(1 Corinthians 12)

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THANK YOU

GRACIAS

ARIGATO

SHUKURIA

GOZAIMASHITA

EFCHARISTO

KOMAPSUNIDA

JUSPAXAR

DANKSCHEEN

TASHAKKUR ATU

YAQHANYELAY

SUKSAMA

EKHMET

TINGKI

BIYAN

SHUKRIA

BOLZIN

MERCY