



The Notes

THANKSISTENCY

November 30, 2025
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Thanksistency: “a purposeful, ongoing posture of gratitude that chooses to notice God’s blessings in everyday life, with a goal of making contentment the normal state of our heart.”

“Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.”

1 Thessalonians 5:18 (NLT)

- 1. THE GOAL OF THANKSISTENCY IS TO MAKE _____ THE NORMAL STATE OF OUR HEART.**

“But godliness with contentment is great gain.”

1 Timothy 6:6 (ESV)

- 2. THANKSISTENCY IS _____.**

“How I praise the Lord that you are concerned about me again. I know you have always been concerned for me, but you didn’t have the chance to help me. Not that I was ever in need, for I have learned how to be content with whatever I have.”

Philippians 4:10-11 (NLT)

3. THANKSISTENCY IS AN _____ POSTURE OF GRATITUDE.

"And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him."

Colossians 3:17 (ESV)

"I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength."

Philippians 4:12-13 (NLT)

4. THANKSISTENCY IS A _____.

5. THANKSISTENCY _____ GOD'S BLESSINGS IN EVERYDAY LIFE.