Watch the service with this sermon at *http://www.catoctin.org/archive-sermons/the-winter-of-our-discontent/*

Key Takeaways

- People are tired, unhappy, and discontent in this winter of Covid
- God desires our thanksgiving and praise
- Gratitude is a choice—a decision that requires discipline and practice
- Choosing gratitude can rewire your brain—science and theology agree!
- Look for tiny blessings throughout the day
- Develop a grateful heart and offer your thanksgiving to God in all things

Psalm 136 (NIV)
Give thanks to the Lord, for he is good!
His faithful love endures forever.
Give thanks to the God of gods.
His faithful love endures forever.
Give thanks to the Lord of lords.
His faithful love endures forever.
Give thanks to him who alone does mighty miracles.
His faithful love endures forever.
Give thanks to him who made the heavens so skillfully.
His faithful love endures forever.
Give thanks to him who placed the earth among the waters.
His faithful love endures forever.
Give thanks to him who made the heavenly lights—
His faithful love endures forever.
the sun to rule the day,
His faithful love endures forever.
and the moon and stars to rule the night.
His faithful love endures forever.
He remembered us in our weakness.
His faithful love endures forever.
He saved us from our enemies.
His faithful love endures forever.
He gives food to every living thing.
His faithful love endures forever.
Give thanks to the God of heaven.
His faithful love endures forever.

Philippians 4:4-7 (NIV)
Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Habbakuk 3:17-19 (NIV)
Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails, and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the Lord, I will be joyful in God my Savior. The Sovereign Lord is my strength; he makes my feet like the feet of a deer; he enables me to go on the heights.

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