

Romans 1:18-21
Ecclesiastes 5:18-20
Philippians 4:4-13
Ecclesiastes 6



"I cried because I had no shoes until I met a man who had no feet."

Helen Keller





1. Even BLESSINGS can become BURDENS. verses 1-6, Psalm 127:3-5



- 1. Even BLESSINGS can become BURDENS.
- 2. Even ENJOYMENTS can become EMPTY.

verse 7



- 1. Even BLESSINGS can become BURDENS.
- 2. Even ENJOYMENTS can become EMPTY.
- 3. Even DREAMS can become DISAPPOINTMENTS.

verses 8-9



- 1. Even BLESSINGS can become BURDENS.
- 2. Even ENJOYMENTS can become EMPTY.
- 3. Even DREAMS can become DISAPPOINTMENTS.
- 4. Even MYSTERIES can become MISERY.

verses 10-12, Isaiah 55:8-9, Proverbs 3:5-6





## Psalm 16:11

You have made known to me the path of life; You will fill me with joy in your presence, with eternal pleasures at Your right hand.



# Challenge:

When you find yourself overwhelmed with life this week, start telling God and others the things for which you are thankful.

Gratitude brings JOY to life!



