



## 2021 Skyline Church Word of the Year: **THRIVE**

"I have come that you might have life and have it more abundantly."

JOHN 10:10 | NASB

### **T**otal commitment

"You can make this **choice** by loving the LORD your God, obeying him, and **committing** yourself **firmly** to him. **This is the key to your life.**"

DEUTERONOMY 30:20 | NLT

### **H**ave a quiet time

- Have a time
- Have a place
- Have a plan

• *In order to THRIVE you must committed to the fundamentals*

### **R**emember to rejoice

#### 10 Key Actions to THRIVE based on Scientific Research

1 Pray.

2 Thank people often.

3 Write in a gratitude journal.

4 Pay attention to things you say.

5 Be thankful for people before things.

- 6 Practice spirituality and prayers of gratitude.
- 7 Remember to look for the good in the bad.
- 8 Think about solutions, not just the problem.
- 9 Think positively and be thankful for the small things.
- 10 Do kind things for others and volunteer for meaningful causes.

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## I ncrease your faith

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- God does not expect perfection out of our spiritual walk, but he does expect progress.
- Greatest way to increase your faith is to serve.

*Matthew 20:16*

- **S**acrifice some time.
- **E**valuate what you'd like to do.
- **R**espond when contacted.
- **V**alue every opportunity.
- **E**ncourage others to join you.

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## V alue the church family

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- Church is essential.  
*Hebrews 10:25*
- There are no perfect churches.
- In order to thrive, I must commit to a church family.

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## E xpect the best

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- 1 Refuse to see yourself as a victim.  
*2 Corinthians 11:15-12:10*
- 2 Practice gratitude.