Example 8 Find the $4^{\text {th }}$ term of the following arithmetic sequence

$$
\begin{aligned}
& 7, \quad 15,23, \\
& 7, \quad 15, \quad 23, \\
& +8+8+8
\end{aligned}
$$

Let's put this together:
In example 6, to find the $\mathbf{6}^{\text {th }}$ term, how many times did I add 10? - 5 times
In example 7, to find the $10^{\text {th }}$ term, how many times did I add 5? - 9 times
In example 8, to find the $4^{\text {th }}$ term, how many times did I add 8? $\mathbf{- 3}$ times

