

# THANKSGIVING

**T** – Trust in God

**H** – Hope in His promises

**A** – Adoration and praise

**N** – Nurture a heart of gratitude

**K** – Kindness towards others

**S** – Service and giving

**G** – Gather together

**I** – Intentional prayer

**V** – Victorious living

**I** – Inner peace

**N** – Never-ending thankfulness

**G** – God’s grace and goodness

Daily Scripture reading for November to nurture a THANKFUL Heart:

11/01/24 Psalm 145:18	11/11/24 Psalm 9:1-2	11/21/24 Romans 5:1
11/02/24 Colossians 4:2	11/12/24 Philippians 4:6	11/22/24 John 6:11
11/03/24 1 Thessalonians 5:16-18	11/13/24 1 Samuel 12:24	11/23/24 Philippians 1:3-5
11/04/24 Hebrews 12:28-29	11/14/24 Psalm 32:11	11/24/24 Numbers 6:24-26
11/05/24 Psalm 118:1	11/15/24 Romans 8:28	11/25/24 Psalm 136:1-3
11/06/24 Ezra 3:11	11/16/24 Ephesians 5:20	11/26/24 John 3:16
11/07/24 Psalm 106:1	11/17/24 1 Thessalonians 1:2	11/27/24 Jeremiah 30:19
11/08/24 Hebrews 13:15	11/18/24 Psalm 95:2	11/28/24 Revelation 11:17
11/09/24 Colossians 3:16	11/19/24 Isaiah 12:4-5	11/29/24 1 Timothy 1:12
11/10/24 1 Chronicles 16:8	11/20/24 Zephaniah 3:17	11/30/24 Daniel 2:23

How can we honor God with Thanksgiving?

1. Forgive anyone and everyone. The holidays can stir up old hurts and disagreements. Ephesians 4:32
2. Spend time praising God. He is worthy of our praise. Psalm 34
3. Give His love away. The greatest way to honor God is by obeying His commandment to love others. John 13:34
4. Stay out of strife. Proverbs 10:12
5. Meditate on His word. Psalm 119:15-16

How can we have a thankful heart in an unthankful world? Today it can feel like things are all about “me, me, and me”. We live in a time when you are supposed to be selfish and watch out for yourself and only yourself. This is the opposite of what God tells us to do. Yes, we should take care of our needs and our health, but it doesn’t mean we should neglect others and especially our creator. When things are so focused inwards, that is when we miss out on things going on around us. Has it been a few days or weeks since you saw your neighbor? Is your co-worker having a tough day? In this Thanksgiving season, ask God to give you eyes to see the world around you as He does. We are surrounded by His beautiful creation. A creation we can praise and be thankful for. God’s goodness in all around us! Psalm 118:24

Everyone is faced with their own challenges and their own troubles. Do not take what you have for granted. God's blessings do not always show up as what we expect. In fact, we often pray for things we think we need and God comes through with something completely different which is much better for us. Genesis 12:3

We go around the table and express gratitude for those we love but when do we express gratitude for God? Is it only on a Sunday morning? Do we practice gratitude every day...even in the small things? One of the best ways to have a thankful heart is through prayer. Not prayer once a week or even once a day but multiple times a day. Be in constant communication with God. He already knows our every thought but by including Him in the conversation we can open ourselves up to having a gentle and grateful spirit. Thank God for waking up each and every day. Thank God for letting you have the ability to make it through each day. Be thankful to Him for the friends and family that love you. Thank God for the food on your table. When we replace our attitude with one that is thankful, we are kinder to others and kinder to ourselves. Colossians 3:15-17

Choose to have a grateful spirit all year. When we are face with adversity and tough times, it can be hard to keep a joyful attitude. It can especially be hard to remain grateful when being upset and offended and hurt is easier. No one is going to get into a car crash and think "I'm so thankful this happened", but we do need to shift our perspective. Instead, thank God for keeping you safe in that car crash and allowing you to live another day. We will face tough times. We will face stressful times. By adding a spirit of gratefulness for God's love and blessings, our perspective shifts for the better. 1 Thessalonians 5:15-18

Thanksgiving leftovers are some of the best leftovers to eat. The turkey, mashed potatoes and pumpkin pie (yum). Leftovers are great when you don't feel like cooking a whole new meal. Just as with food leftovers, there is such a thing as spiritual leftovers. It sounds like a funny concept, but think of it as the idea of an overflow. There is abundance and overflow so much so that it carries on into the next days. When we have a thankful spirit every day, there is an overflow that extends beyond us. God's love is our most precious gift, one we have in abundance. Psalm 23:5-6

Have you ever hosted Thanksgiving dinner? There is a lot that goes into preparing for such a big day. You want the food to be perfect, the table to be perfect, and on and on. Thanksgiving can be a chaotic holiday since there are so many elements and so much planning that go into making it special. Now, imagine you are setting the table for Jesus Christ himself, would you do anything differently? Would you prepare a different menu or set the table differently? Truthfully, Jesus would not care what color the napkins are. However, we should always give Him our very best. Going to church on Sunday can begin to feel routine and we just go through the motions. Instead, bring our very best self (heart) into the house of God. We are in the presence of holiness, the creator God who made our world and who made us. Open your heart to Jesus the same way you would open your home to a special guest.

During this month of Thanksgiving, keep a thankfulness journal. Every day write down what you are thankful for that day. Write down the small things. Write down the big things. You may find that you will continue this thankfulness journal as it helps you maintain a spirit of thankfulness all year round.