

Psalm 22:25 KJV - [25] My praise shall be of thee in the great congregation: I will pay my vows before them that fear him.

I. Share one thing you are thankful for.

We can't think of thanksgiving as a holiday, but it is not a holiday, it is an *attitude*.

- *PowerPoint:* Attitude = a settled way of thinking or feeling about someone or something, typically one that is reflected in a person's behavior.
 - 1: Point of view
 - 2: Vantage point
 - 3: Frame of mind
 - 4: School of thought
 - 5: Perspective
 - 6: Angle
 - 7: Conviction
 - 8: Persuasion
 - 9: Sentiment
 - 10: Reaction

- *PowerPoint:* Thanksgiving is not a holiday, it is the ATTITUDE of a grateful worshipper, EVERY DAY.

Psalm 118:24 KJV - [24] This is the day which the Lord hath made; we will rejoice and be glad in it.

II. Ten reasons I'm thankful

1: Thankfulness will improve your relationship with God and with people

- Everyone has a need and desire to be appreciated.

2: Thankfulness creates contentment

1 Timothy 6:6-8 KJV - [6] But godliness with contentment is great gain. [7] For we brought nothing into this world, and it is certain we can carry nothing out. [8] And having food and raiment let us be therewith content.

- *PowerPoint:* In a heart filled with gratitude, there is no room for discontentment.

3: Thankfulness feels good

- How we think has a direct impact upon how we feel.

4: Thankfulness keeps us healthy

- Gratitude activates the parasympathetic, rest-and-digest, relaxing part of the nervous system, resulting in many positive effects, such as decreases in cortisol levels, lowering of blood pressure, strengthening of the immune system, and much more.

5: Thankfulness cultivates humility

- Arrogance and ungratefulness go hand and hand.

6: Thankfulness is contagious

- Just as fear and worry are contagious, so is the spread of gratitude.

7: Thankfulness produces positivity

- *PowerPoint:* When we're intentionally thankful, it redirects our thoughts to see the goodness of God and the good in other people.

8: Thankfulness promotes generosity

- *PowerPoint:* Blessed people who recognize where their blessings came from and who they belong to want to be a blessing to other people.

9: Thankfulness makes you a magnet for positive people

10: Thankfulness displays Gods character

III. Corporate Scripture Reading

Psalm 100:1-5 KJV - [1] *Make a joyful noise unto the Lord, all ye lands. 2] Serve the Lord with gladness: come before his presence with singing. 3] Know ye that the Lord he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture. 4] Enter into his gates with THANKSGIVING, and into his courts with praise: be THANKFUL unto him, and bless his name. 5] For the Lord is good; his mercy is everlasting; and his truth endureth to all generations.*

1 Thessalonians 5:18 (KJ21) - *In every thing give thanks, for this is the will of God in Christ Jesus concerning you.*

Ephesians 5:18-20 (ASV) - *Be filled with the Spirit; speaking one to another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord; giving thanks always for all things in the name of our Lord Jesus Christ to God, even the Father.*

Psalms 136:26 (AMP) - *Give thanks to the God of heaven, for His lovingkindness (graciousness, mercy, compassion) endures forever.*

Psalms 106:1 (BRG) - *Praise ye the Lord. O give thanks unto the Lord; for he is good: for his mercy endureth for ever.*

Philippians 4:6-7 (CEB) - *Don't worry or stress about anything; rather, present all of your requests to God in your prayers and petitions, along with giving thanks. Then the peace of God that exceeds all understanding will keep your hearts and minds safe in Christ Jesus.*

John 6:11 (CEV) - *Jesus took the bread in his hands and gave thanks to God. Then he passed the bread to the people, and he did the same with the fish, until everyone had plenty to eat.*

Colossians 4:2 (DARBY) - *Persevere in prayer, watching in it with thanksgiving.*

Psalms 28:7 (ESV) - *The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart rejoices, and with my song I give thanks to him.*

Psalms 116:17 (ERV)- *I will give you a thank offering. I will call on the Lord's name.*

Colossians 3:15-17 KJV- [15] *And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful. 16] Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. 17] And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him.*

2 Corinthians 9:15 (GNV) - *Thanks therefore be unto God for his unspeakable gift.*

1 Corinthians 15:57 (GW)- *Thank God that he gives us the victory through our Lord Jesus Christ.*

Psalms 95:2 (GNT)- *Let us come before him with thanksgiving and sing joyful songs of praise.*

Psalm 92:1 (HCSB) - *It is good to praise Yahweh, to sing praise to Your name, Most High.*

Revelation 11:17 (ICB) - *We give thanks to you, Lord God All-Powerful. You are the One who is and who was. We thank you because you have released your great power and have begun to rule!*

1 Chronicles 29:13 (KJV) - *Now therefore, our God, we thank thee, and praise thy glorious name.*

2 Corinthians 2:14 (PHILLIPS) - *Thanks be to God who leads us, wherever we are, on his own triumphant way and makes our knowledge of him spread throughout the world like a lovely perfume!*

Psalm 105:1-2 (LEB)- *Give thanks to Yahweh; proclaim his name; make known his deeds among the peoples. Sing to him; sing praises concerning him; tell of all his wonderful works.*

Psalm 30:4 (TLB)- *Oh, sing to him you saints of his; give thanks to his holy name.*

Psalm 69:30 (MSG) - *Let me shout God's name with a praising song, Let me tell his greatness in a prayer of thanks.*