

Thanksgiving

November 26, 2023

So if I were to ask you today, how thankful are you on a scale of 1-10, what would you say? And Why?

Philippians 4:1-8 NLT, Matthew 11:28-29 NIV

Always Be Full

Be full in the lord and thank him. Listen, we all have something to be thankful to God for. Even while Paul was in prison he was thanking God. God had sent someone to bring him a care package and he was grateful even in prison for the help they gave him and that God continuing to provide, even the small things.

Always be full of joy in the Lord. I say it again—rejoice! Philippians 4:4 NLT

Bring Your Needs

We all carry around our worries, stresses, and anxieties everywhere we go. They can become a heavy burden and load to carry. Paul reminds us that we do not have to worry or carry these things by ourselves. He says: *Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.*

Philippians 4:6 NLT

He instructs us to take these things to God. When we pray it's our choice to release the burdens that we do not know how to carry, onto a God who knows how to carry them.

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Matthew 11:28-29



Fix Your Thoughts

Once we allow ourselves to give God our burdens, we need to take a moment to realize what we are focusing on. We need to think about things that help us, not hurt us. When we focus on the right things it helps us be more thankful.

Paul gives us the instructions as he is sitting day in and day out in jail. *And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Philippians 4:8 NLT*

Remember Who's With You

Then the God of peace will be with you. Philippians 4:9 NLT

As Paul sits in a lonely cell he reminds all of us that we are never alone. God is always with us, and it's that peace that sustains us even through the toughest of times.

"There's always something you can complain about, but a follower of Jesus knows that all of life is a gift and you can choose to see beauty and grace in any life circumstance."

-Tim Mackie; The Bible Project