

ASSIGNMENTS

1. Daily read over this material and read or sing the song.
2. Place the scripture where you will see it each day.
3. Imagine how life would be different without a loving God and the blessings He gives.
4. Each day write down 5 things to be thankful for that you haven't written down yet and post the growing list where you will see it.
5. Plan to tell the class some things you are thankful for.

M E T Y M E T Y M E

DAILY BIBLE VERSES AND PRAYER THOUGHTS

MONDAY - VERSES: 1 Corinthians 15:57; 2 Corinthians 2:14; 9:15

PRAYER THOUGHT: Designer and Builder of the Church, help me to always be thankful for Your church and your plan for those being saved to be added to it .

TUESDAY - VERSES: Romans 6:17; 7:24-25; 1 Corinthians 1:4

PRAYER THOUGHT: Great Buyer of the Church, Thank You for the price You and Your Son were willing to pay for the church.

WEDNESDAY - VERSES: Acts 16:9-10; Romans 1:8; 1 Corinthians 1:4

PRAYER THOUGHT: Ruler of the Kingdom, Thank You for the guiding document, the Bible that teaches us how to behave in the church. Help us to follow it.

THURSDAY - VERSES: Romans 16:3-4; Philippians 1:3-5; 2

Thessalonians 1:3 PRAYER THOUGHT: Thank You, Savior of Mankind, for all the saints that make Your church a strong force for light, right, and good in this world of darkness, wrong, and evil.

FRIDAY - VERSES: Ephesians 1:16; 2 Timothy 1:3; Philemon 1:4

PRAYER THOUGHT: Thank You, Father for Your children in our local congregation that make it possible for us to have fellowship and joy as we serve You.

SATURDAY - VERSES: Romans 1:21; Colossians 3:15; 1 Thess.

5:18 PRAYER THOUGHT: Gracious God, forgive me for the times that I have not been an active living stone in Your church and for times when I have done more to tear down than to build up.

M E T Y M E T Y M E

The hardest arithmetic to master is that which enables us to count our blessings.

Gratitude is the sign of noble souls. - Aesop

SPIRITUAL HEALTH REGIMEN - WEEK 69

THANKSGIVING - 11-24-13 to 11-30-13

SCRIPTURE - Psalm 95:2 "Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms."

COMMENT – Can we ever thank God enough for the blessings He has given and continues to give each day? Someone said, "If you want to find gratitude you have to look in the dictionary." Life is better if you can find it in your heart.

SONG - COUNT YOUR BLESSINGS

1) When upon life's billows you are tempest-tossed, when you are discouraged, thinking all is lost, Count your many blessings, name them one by one, And it will surprise you what the Lord has done.

CHORUS: Count your (many) blessings, name them one by one; Count your (many) blessings, see what God has done; Count your many blessings, name them one by one; Count your many blessings, see what God has done.

2) Are you ever burdened with a load of care? Does the cross seem heavy you are called to bear? Count your many blessings, ev'ry doubt will fly, And you will be singing as the days go by.

3) When you look at others with their lands and gold, Think that Christ has promised you His wealth untold; Count your many blessings, money cannot buy Your reward in Heaven, nor your home on high.

4) So, amid the conflict, whether great or small, do not be discouraged, God is over all; Count your many blessings, angels will attend, Help and comfort give you to your journey's end.

THOUGHT

WHEREAS, It is the duty of all nations to acknowledge the providence of Almighty God, to obey His will, to be grateful for His benefits, and humbly to implore His protection and favor;

WHEREAS, Both the houses of Congress have, by their joint committee, requested me "to recommend to the people of the United States a day of public thanksgiving and prayer, to be observed by acknowledging with grateful hearts the many and signal favors of Almighty God, especially by affording them an opportunity peaceably to establish a form of government for their safety and happiness"!

Now, therefore, I do recommend next, to be devoted by the people of the states to the service of that great and glorious being, who

is the beneficent Author of all the good that was, that is, or that will be, that we may then all unite in rendering unto Him our sincere and humble thanks for His kind care and protection of the people of this country. GUESS WHO SAID THIS ? _____

M E T Y M E T Y M E

I heard about a little fourth-grader who stood up to give a report concerning the origins of the Thanksgiving holiday. He obviously had been trained to be "politically correct." He began:

The Pilgrims came here seeking freedom of you-know-what.
When they landed, they gave thanks to you-know-who.

Because of them, we can worship each Sunday, you-know-where.

I also heard about a cartoon that has a man sitting at a Thanksgiving table that is loaded down with turkey, dressing, hot rolls, and all the trimmings. The caption reads: "Alvin the atheist realized he was at his lowest point, for he felt grateful but had no one to thank." The real basis of thanksgiving is found in a person—that person, of course, being God.

"Oh, give thanks to the LORD, for he is good! For his mercy endures forever." (Psalm 118:1).

May this Thanksgiving season be not merely a time to "feel grateful", but a time to acknowledge that it is God who is the source of all our blessings. Give thanks to the LORD! Have a great Thanksgiving! - Alan Smith

M E T Y M E T Y M E

The Top 12 Thanksgiving-Themed Movies

12. Crowded with a Chance of Cranberry Sauce
11. The Fabulous Baster Boys
10. To Kill A Walking Bird
9. My Best Friend's Dressing
8. The Texas Coleslaw Massacre
7. Casserolablanca
6. 12 Hungry Men
5. Silence of the Yams
4. For Love of The Game Hen
3. All the President's Menu
2. When Harry Met Salad
1. The Wing and I

M E T Y M E T Y M E

In a book called The First Thanksgiving by Jean Craighead George, the Pilgrims left Europe to seek their fortune in the New World. That would have come as news to the Pilgrims themselves. Pilgrim leader William Bradford wrote in his diary that the voyage was motivated by "a great hope for advancing the kingdom of Christ."

When it comes to Thanksgiving itself, in this book the religious dimension finds no place at the table. The author states flat-out, "This was not a day of Pilgrim thanksgiving" -- thanksgiving to God, that is. Instead, she writes, "This was pure celebration."

Odd, that's not the way the Pilgrims themselves remembered it. Listen again to the account by William Bradford, who was there: "The Lord sent them such seasonable showers," Bradford writes, "that through his blessing there was a fruitful and liberal harvest, for which mercy, they set apart a day of thanksgiving." -- Charles Colson, Dangerous Grace

M E T Y M E T Y M E

REASONS TO BE THANKFUL FOR THE LOCAL CHURCH
L.S. - WE SHOULD BE THANKFUL FOR . . .

- I. A FAITHFUL CONGREGATION TO WORK WITH, WORSHIP WITH AND BE PART OF - ROMANS 1:8; EPHESIANS 1:15-16
- II. EACH MEMBER WHO HAS:
 - A. RECEIVED THE WORD - 1 THESSALONIANS 2:13
 - B. BEEN CHOSEN FOR SALVATION - 2 THESS. 2:13
 - C. OBEYED - ROMANS 6:17
 - D. RECEIVED GOD'S GRACE - 1 CORINTHIANS 1:4
 - E. BEEN REDEEMED - COLOSSIANS 1:12-14
- III. A PLACE WHERE WE CAN:
 - A. TRIUMPH IN CHRIST - 2 CORINTHIANS 2:14
 - B. HELP THROUGH PRAYER - 2 CORINTHIANS 1:11
 - C. FELLOWSHIP IN THE GOSPEL - PHILIPPIANS 1:3-7
 - D. LOVE ALL THE SAINTS - COLOSSIANS 1:3-8
 - E. WORK IN FAITH AND LOVE - 1 THESS. 1:2-10
 - F. BRING JOY TO ONE ANOTHER - 1 THESS. 3:9
 - G. GROW IN FAITH - 2 THESSALONIANS 1:3
 - H. MAKE WONDERFUL MEMORIES - 2 TIMOTHY 1
 - I. SHARE OUR SUFFERING - 1 PETER 2:19

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L.S. - WE SHOULD BE THANKFUL FOR . . .

I. A FAITHFUL CONGREGATION TO WORK WITH, WORSHIP WITH AND BE PART OF

A. ROMANS 1:8 First, I thank my God through Jesus Christ for you all, that your faith is spoken of throughout the whole world.

B. EPHESIANS 1:15-16 Wherefore I also, after I heard of your faith in the Lord Jesus, and love unto all the saints, (Ephesians 1:16) Cease not to give thanks for you, making mention of you in my prayers;

II. EACH MEMBER WHO HAS:

A. RECEIVED THE WORD - 1 THESSALONIANS 2:13 For this cause also thank we God without ceasing, because, when ye received the word of God which ye heard of us, ye received it not as the word of men, but as it is in truth, the word of God, which effectually worketh also in you that believe.

B. BEEN CHOSEN FOR SALVATION - 2 THESSALONIANS 2:13 But we are bound to give thanks alway to God for you, brethren beloved of the Lord, because God hath from the beginning chosen you to salvation through sanctification of the Spirit and belief of the truth:

C. OBEYED - ROMANS 6:17 But God be thanked, that ye were the servants of sin, but ye have obeyed from the heart that form of doctrine which was delivered you.

D. RECEIVED GOD'S GRACE - 1 CORINTHIANS 1:4 I thank my God always on your behalf, for the grace of God which is given you by Jesus Christ;

E. BEEN REDEEMED - COLOSSIANS 1:12-14 Giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light: (Colossians 1:13-14) Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son: {14} In whom we have redemption through his blood, even the forgiveness of sins:

III. A PLACE WHERE WE CAN:

A. TRIUMPH IN CHRIST - 2 CORINTHIANS 2:14 Now thanks be unto God, which always causeth us to triumph in Christ, and maketh manifest the savour of his knowledge by us in every place.

B. HELP THROUGH PRAYER - 2 CORINTHIANS 1:11 Ye also helping together by prayer for us, that for the gift bestowed upon us by the means of many persons thanks may be given by many on our behalf.

C. FELLOWSHIP IN THE GOSPEL - PHILIPPIANS 1:3-7 I thank my God upon every remembrance of you, {4} Always in every prayer of mine for you all making request with joy, {5} For your fellowship in the gospel from the first day until now; {6} Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ: {7} Even as it is meet for me to think this of you all, because I have you in my heart; inasmuch as both in my bonds, and in the defence and confirmation of the gospel, ye all are partakers of my grace.

D. LOVE ALL THE SAINTS - COLOSSIANS 1:3-8 We give thanks to God and the Father of our Lord Jesus Christ, praying always for you, (Colossians 1:4-8) Since we heard of your faith in Christ Jesus, and of the love which ye have to all the saints, {5} For the hope which is laid up for you in heaven, whereof ye heard before in the word of the truth of the gospel; {6} Which is come unto you, as it is in all the world; and bringeth forth fruit, as it doth also in you, since the day ye heard of it, and knew the grace of God in truth: {7} As ye also learned of Epaphras our dear fellowservant, who is for you a faithful minister of Christ; {8} Who also declared unto us your love in the Spirit.

E. WORK IN FAITH AND LOVE - 1 THESSALONIANS 1:2-10 We give thanks to God always for you all, making mention of you in our prayers; (1 Thessalonians 1:3-10) Remembering without ceasing your work of faith, and labour of love, and patience of hope in our Lord Jesus Christ, in the sight of God and our Father; {4} Knowing, brethren beloved, your election of God. {5} For our gospel came not unto you in word only, but also in power, and in the Holy Ghost, and in much assurance; as ye know what manner of men we were among you for your sake. {6} And ye became followers of us, and of the Lord, having received the word in much affliction, with joy of the Holy Ghost: {7} So that ye were ensamples to all that believe in Macedonia and Achaia. {8} For from you sounded out the word of the Lord not only in Macedonia and Achaia, but also in every place your

faith to God-ward is spread abroad; so that we need not to speak any thing. {9} For they themselves show of us what manner of entering in we had unto you, and how ye turned to God from idols to serve the living and true God; {10} And to wait for his Son from heaven, whom he raised from the dead, even Jesus, which delivered us from the wrath to come.

F. BRING JOY TO ONE ANOTHER - 1 THESSALONIANS

3:9 For what thanks can we render to God again for you, for all the joy wherewith we joy for your sakes before our God;

G. GROW IN FAITH - 2 THESSALONIANS 1:3 We are bound to thank God always for you, brethren, as it is meet, because that your faith groweth exceedingly, and the charity of every one of you all toward each other aboundeth;

H. MAKE WONDERFUL MEMORIES - 2 TIMOTHY 1:3 I thank God, whom I serve from my forefathers with pure conscience, that without ceasing I have remembrance of thee in my prayers night and day;

I. SHARE OUR SUFFERING - 1 PETER 2:19 For this is thankworthy, if a man for conscience toward God endure grief, suffering wrongfully.

Governor Bradford of Massachusetts made this first Thanksgiving Proclamation three years after the Pilgrims settled at Plymouth:

"Inasmuch as the great Father has given us this year an abundant harvest of Indian corn, wheat, peas, beans, squashes, and garden vegetables, and has made the forests to abound with game and the sea with fish and clams, and inasmuch as He has protected us from the ravages of the savages, has spared us from pestilence and disease, has granted us freedom to worship God according to the dictates of our own conscience.

Now I, your magistrate, do proclaim that all ye Pilgrims, with your wives and ye little ones, do gather at ye meeting house, on ye hill, between the hours of 9 and 12 in the day time, on Thursday, November 29th, of the year of our Lord one thousand six hundred and twenty three and the third year since ye Pilgrims landed on ye Pilgrim Rock, there to listen to ye Preacher and render thanksgiving to ye Almighty God for all His blessings." -- William Bradford

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