



G I V E T H A N K S

*God has provided*

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Happy Thanksgiving

*Is This Just A Holiday, Or  
Is It A State Of Being?*



## Philippians 2:14-15 (NASB)

<sup>14</sup> Do all things without grumbling or disputing;  
<sup>15</sup> so that you will prove yourselves to be blameless and innocent, children of God above reproach in the midst of a crooked and perverse generation, among whom you appear as lights in the world,





*You Have To Know What It's Not  
Before You Can Know What It's Is!*

*How To Be Unthankful*

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The background of the slide is a dense field of autumn leaves in various shades of yellow, orange, and red. A large, semi-transparent hexagonal frame is centered on the slide, containing a cluster of leaves. The text is overlaid on the left side of the slide.

First let's focus on the bad things.

- Dysfunctional family
- Family issues
- Location
- Menu
- Manner in which the meal is served
- Temperature
- Children





Second, keep a journal!

- So you don't forget keep a journal of all the things that bug you.
- So you don't forget, keep a journal of all the times you felt you were wronged.
- So you don't forget, keep a journal of all of the times someone said something that hurt your feelings.
- So you don't forget, keep a journal of all the mistakes that have been made.





Third set aside a time daily to absorb what is in your journal.

- Review all of your frustrations.
- Review all of the things that irritate you.
- Review all of the hurt words.
- Review all of the mistakes.
- So you don't forget place sticky notes all around your house so those things keep being the main focus.





Fourth be mindful of the words you speak.

- Be negative whenever you can.
- Recite over and over your frustrations and use the most colorful words you can.
- Always be mindful that the situation will never change and you need to keep reminding yourself of that one hard cold fact.





Fifth make sure you stay distracted and only focus on the bad stuff.

- Worry as often as you can.
- Make sure you live in a state of anxiety.
- Make sure that things don't change by staying depressed.
- Always keep telling yourself that the situation is hopeless.





Sixth only focus on yourself and never, never consider the other person.

- Remind yourself that the other person got them self in that situation and they will have to get themselves out of that situation.
- Always consider yourself better that the other person.





Seventh never think about your health.

- Make sure you are not concerned about your sleep.
- Understand that being tired is ok.
- Forget about exercise.
- Forget about eating right.
- Drink as much as you want, alcohol numbs the pain from your current situation.





*HERE IS MY PROMISE TO YOU; IF YOU  
TAKE THESE SEVEN SIMPLE STEPS  
YOU WILL LIVE THE UNTHANKFUL  
LIFE THAT YOU WANT TO LIVE.*

***GUARANTEED!***





*You Will Always Find The Answer  
In The Direction That You Are Not  
Going.*

*How To Live A  
Thankful Life.*



*First focus on the good things.*

Proverbs 17:22 (NASB)

<sup>22</sup> *A joyful heart* is good medicine, But a broken spirit dries up the bones.

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Proverbs 15:13 (NASB)

<sup>13</sup> *A joyful heart* makes a cheerful face, But when the heart is sad, the spirit is broken.



Second keep a journal of all your blessings.

**Psalm 103:2-5 (NASB)**

<sup>2</sup> Bless the LORD, O my soul, And forget none of His benefits; <sup>3</sup> Who pardons all your iniquities, Who heals all your diseases; <sup>4</sup> Who redeems your life from the pit, Who crowns you with lovingkindness and compassion; <sup>5</sup> Who satisfies your years with good things, *So that* your youth is renewed like the eagle.



*Set aside time each day to absorb what you wrote in your journal.*

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**Psalm 105:1 (NASB)**

<sup>1</sup> Oh give thanks to the LORD, call upon His name; Make known His deeds among the peoples.

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**Psalm 116:12 (NASB)**

<sup>12</sup> What shall I render to the LORD For all His benefits toward me?



Fourth be mindful of the words you speak.

**1 Peter 3:10 (NASB)**

<sup>10</sup> For, "THE ONE WHO DESIRES LIFE, TO LOVE AND SEE GOOD DAYS, MUST KEEP HIS TONGUE FROM EVIL AND HIS LIPS FROM SPEAKING DECEIT.





## Colossians 4:6 (NASB)

<sup>6</sup> Let your speech always be with grace, *as though* seasoned with salt, so that you will know how you should respond to each person.

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## Ephesians 4:29 (NASB)

<sup>29</sup> Let no unwholesome word proceed from your mouth, but only such *a word* as is good for edification according to the need *of the moment*, so that it will give grace to those who hear.



The background consists of a dense layer of autumn leaves in various shades of yellow, orange, and brown. A large, semi-transparent hexagonal frame is centered over the image, containing the text. The text is white and stands out against the darker, textured background of the leaves and the hexagon.

**Proverbs 18:21 (NASB)**

<sup>21</sup> Death and life are in the power of the tongue, And those who love it will eat its fruit.

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*Fifth never focus on the bad things: what consumes your mind controls your life!*

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**Psalm 91:14 (AMP)**

<sup>14</sup> Because he has set his love upon Me, therefore will I deliver him; I will set him on high, because he knows *and* understands My name [has a personal knowledge of My mercy, love, and kindness—trusts and relies on Me, knowing I will never forsake him, no, never].



## *Sixth focus on others.*

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### **Matthew 10:8 (NASB)**

<sup>8</sup> "Heal *the* sick, raise *the* dead, cleanse *the* lepers, cast out demons. Freely you received, freely give.

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### **Philippians 2:4-5 (NASB)**

<sup>4</sup> do not *merely* look out for your own personal interests, but also for the interests of others. <sup>5</sup> Have this attitude in yourselves which was also in Christ Jesus,



*Seventh remember your health.*

**1 Corinthians 6:19-20 (NASB)**

<sup>19</sup> Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? <sup>20</sup> For you have been bought with a price: therefore glorify God in your body.







