

## A study conducted by OnePoll reported the following statistics.

- 39% of America is stressed over purchasing the right gift.
- 28% of America is stressed over prepping the house for the holiday.
- 47% of America is stressed over how much money they will have to spend.

27% of Americans are stressed over possible arguments with the family. 27% of Americans are stressed over who cleans up the mess. 24% of Americans are stress over who gooks. 56% of Americans are stressed over the fact that they will have to bite their lips from saying something that will cause a fight.

### Who Carves The Turkey?

- 69% of Americans are stressed over possible conversations about politics.
  55% of Americans are stressed about someone getting to deep in their personal life.
- 47% of Americans get stressed over conversations about religion.

An average person's anxiety is focused on : •40% -- things that will never happen •30% -- things about the past that can't be changed •12% -- things about criticism by others, mostly untrue •10% -- about health, which gets worse with stress •8% -- about real problems that will be faced

## Were Getting A Divorce



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Philippians 4:6 (NASB)
<sup>6</sup> Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

2 Corinthians 10:3-5 (NASB) <sup>3</sup> For though we walk in the flesh, we do not war according to the flesh, <sup>4</sup> for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. <sup>5</sup> We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ,

Our ultimate source of thanksgiving should come from what God has done for us. <u>His love</u>

**1 John 4:16 (NASB)** <sup>16</sup> God is love, and the one who abides in love abides in God, and God abides in him. **Romans 5:8 (NASB)** <sup>8</sup> But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.

#### His patience

Numbers 14:18 (NASB) <sup>18</sup> 'The LORD is slow to anger and abundant in lovingkindness, forgiving iniquity and transgression; **1 Peter 3:20 (NASB)** <sup>20</sup> when the patience of God kept waiting in the days of Noah, during the construction of the ark...eight persons, were brought safely through the water.

#### **His salvation**

#### John 3:16 (NASB)

<sup>16</sup> "For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life.

#### 2 Corinthians 5:21 (NASB)

<sup>21</sup> He made Him who knew no sin *to be* sin on our behalf, so that we might become the righteousness of God in Him.



2 Chronicles 20:6 (NASB) <sup>6</sup> and he said, "O LORD, the God of our fathers, are You not God in the heavens? And are You not ruler over all the kingdoms of the nations? Power and might are in Your hand so that no one can stand against You.

#### His wisdom

#### Isaiah 28:29 (NASB) <sup>29</sup> This also comes from the LORD of hosts, *Who* has made *His* counsel wonderful and *His* wisdom great.

Psalm 104:24 (NASB) <sup>24</sup> O LORD, how many are Your works! In wisdom You have made them all; The earth is full of Your possessions.



# Psalm 145:8-9 (NASB) <sup>8</sup> The LORD is gracious and merciful; Slow to anger and great in lovingkindness. <sup>9</sup> The LORD is good to all, And His mercies are over all His works.

## The Dead Turkey



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Hebrews 12:28 (NASB) <sup>28</sup> Therefore, since we receive a kingdom which cannot be shaken, let us show gratitude, by which we may offer to God an acceptable service with reverence and awe;



