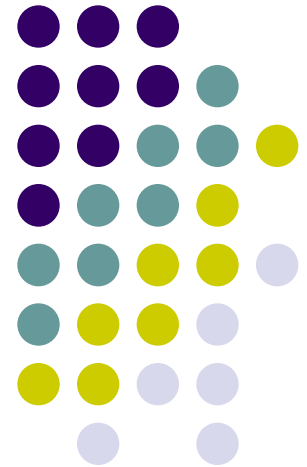


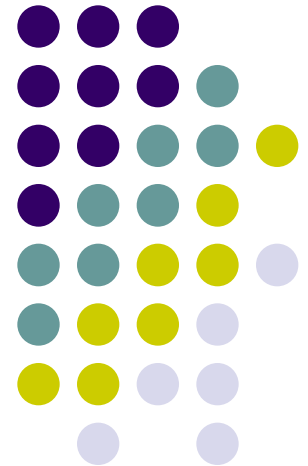
Good morning!

“..The churches of Christ greet you” – Rom 16:16

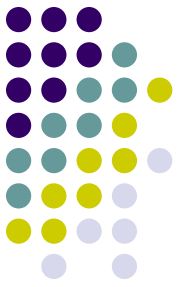


Be Thankful

1 Thessalonians 5:16-18



Being grateful make people happier.



An Experiment - keep diaries for two weeks.

- One group to record daily hassles
- Another group to jot down events,
- The third, the 'gratitude group' to list five things they were thankful for each day.

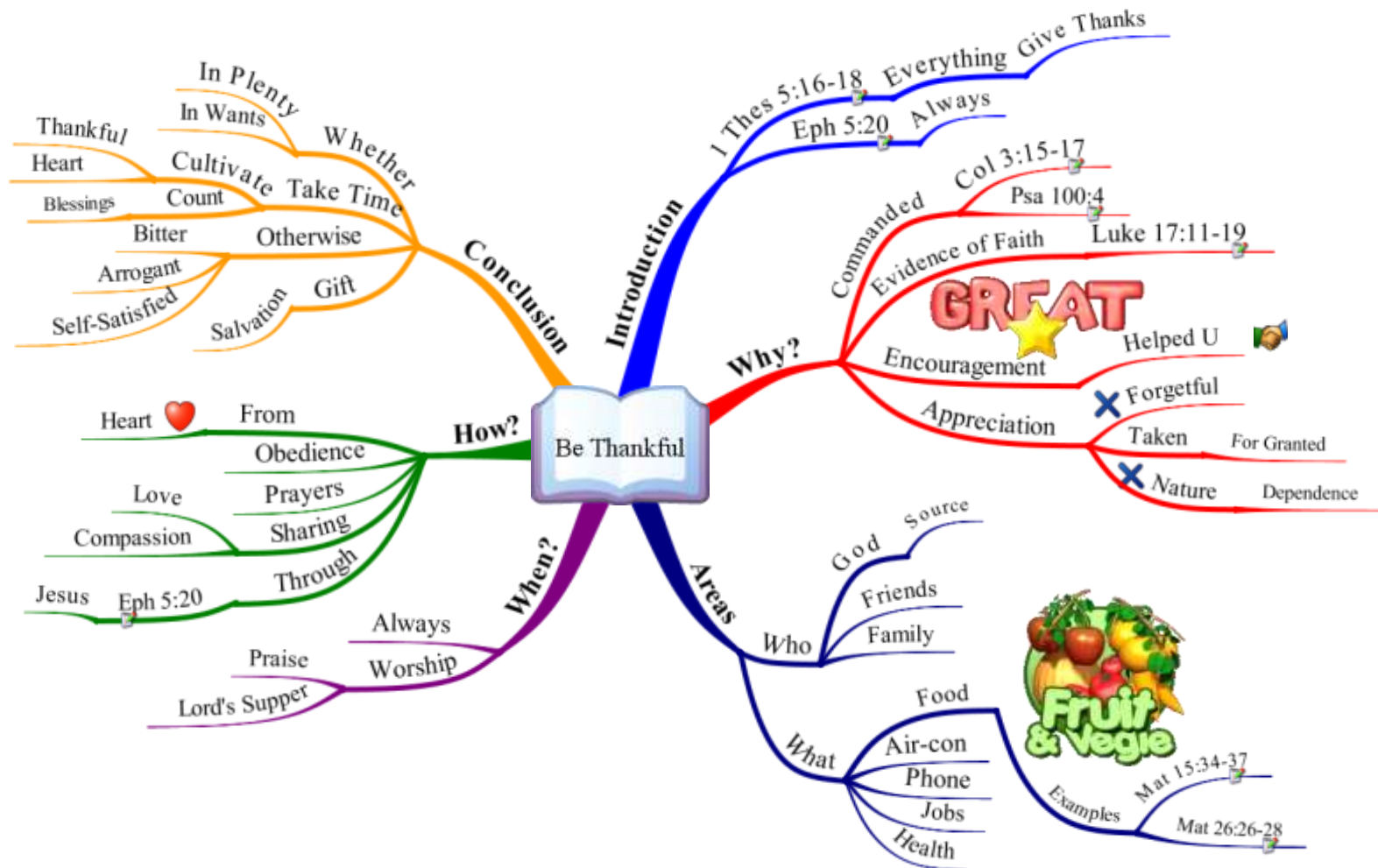


By the end, people in the gratitude group were so much happier, their spouses noticed a change.

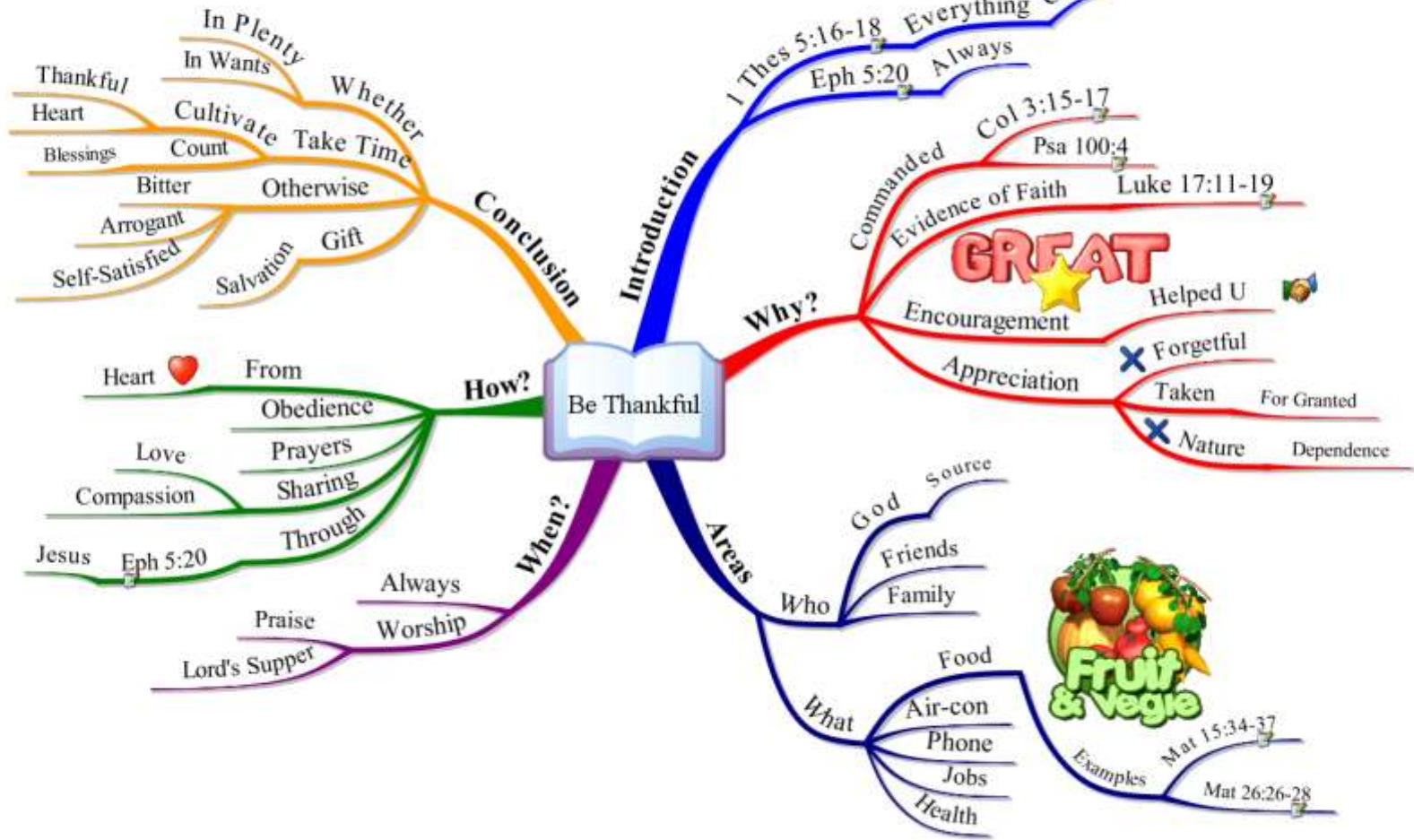
Benefits of being grateful



- People who frequently experience gratitude are also **more optimistic** and **helpful**, and **have more determination** and **energy**.
- “Be thankful for what you have; you'll end up having more. If you **concentrate** on what you **don't have**, you will never, ever have enough.”



THANK YOU



GREAT ★



Fruit & Vegie

Examples

- Mat 15:34-37
- Mat 26:26-28

Be Thankful

- Be thankful that you **don't already have everything** you desire,
 - If you did, what would there be to look forward to?
- Be thankful when you **don't know something**
 - For it gives you the opportunity to learn.
- Be thankful for the **difficult times**.
 - During those times you grow.
- Be thankful for **your limitations**
 - Because they give you opportunities for improvement.
- Be thankful for each **new challenge**
 - Because it will build your strength and character.
- Be thankful for **your mistakes**
 - They will teach you valuable lessons.

Be Thankful in all circumstances



When *Matthew Henry*, a bible commentator was robbed, that very night he prayed:

"I thank Thee, first, because I **was never robbed before**; second, because although they took my purse, **they did not take my life**; third, because although they took my all, **it was not much**; and fourth, because it was I who was robbed, and not I who robbed."

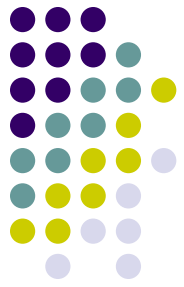
Some little things to be thankful



We can be thankful for

- **the cheque we write for taxes...** because it means that we have an income.
- **the clothes that fit a little tight...** because it means that we have enough food to eat.
- **the weeds in our garden and flower-beds that need pulling...** because it means that we have a home in which to live and we're not sleeping under a bridge.
- **the parking spot we find at the far end of the parking lot...** because it means that we are capable of walking, and that we have a car.
- **the sounds of someone's car stereo thumping down the street late at night...** because it means that we can hear.
- **the dirty laundry...** because it means that we have clothes to wear.
- **the alarm clock that wakes us up too early in the morning...** because it means we are alive.

Be Thankful always!



- Let's remember to **appreciate** and **treasure each day**, because we don't know how many we're going to be given.
- It is easy to be thankful for the good things. A life of rich fulfillment comes to those who are also **thankful for the setbacks**.
- "God gave you a gift of **86,400 seconds** today. Have you used **one** to say 'thank you'?"