

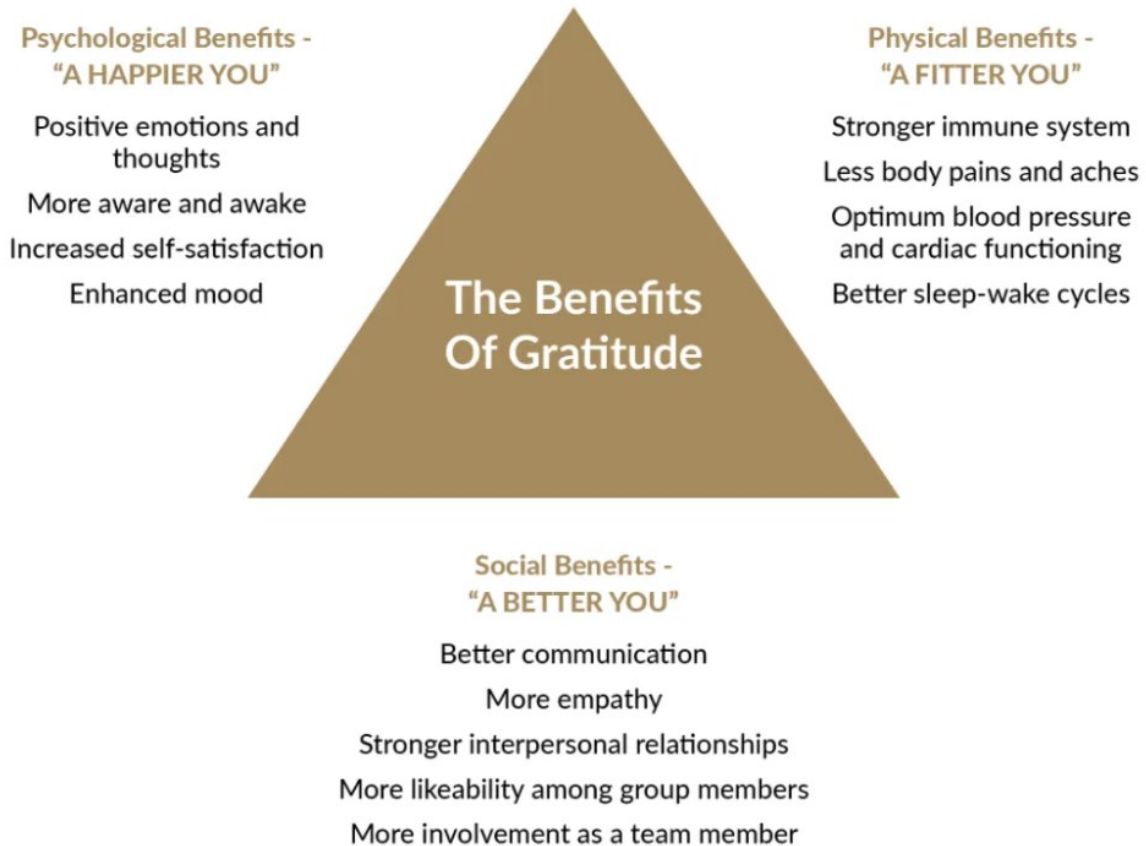
Principles of the Kingdom - Thanksgiving

1. **The Attitude of Gratitude:** Gratitude is an attitude - thanksgiving is the action that results from gratitude
2. Changing your language changes your life
 - a. Proverbs 18:20-21 life and death in the power of the tongue
 - b. Eph. 5:1-4 replace garbage with thanksgiving learn to speak differently
 - c. James 3:2-5 Your tongue steers the course of your life.
 - d. You can make course corrections in your life through your words
 - i. Negativity – Anger – Gossip
3. Thanksgiving is the gateway to God's presence: Psalm 100
4. Thanksgiving opens the door to greater blessings - Luke 17:11 lepers
5. Develop a habit of praise
 - a. 1 Thes 5:16-18. give thanks in all things.
 - b. Eph 5:18-20 give thanks for all things
 - c. Pray with thanksgiving - Phil 4:6-7: Understand the result of this
 - d. Adjust your attitude -James 1:2-4 count it all joy
 - e. Offer a sacrifice of praise - Hebrews 13:15-16 - sacrifice of praise - God pleasing sacrifice
6. Defeat the enemy - Ps 149 Thanksgiving is spiritual warfare - high praises of God
7. Altar call : yield your tongue to the Holy Ghost this morning my friends.

Needs are easily overestimated, and blessings under estimated Family, laughter, opportunities, vision, mission, challenges, friends, servanthood, children, sunsets, music: considering the multitude of blessings I enjoy, I realize how truly prosperous and blessed I am. Keeping count of trials and needs brings no joy, but faithfulness in spite of perceived lack brings the Crown of Life for the steadfast believer. Forgive us Lord in those moments when we ignore Your loving care, abandoning the splendor of thankfulness to roam the squalor of cravings. Strengthen our resolve to ignore the temporary and take hold of the eternal. ~~Kansas Area Dave Beason

Studies Show Gratitude Improves Your Life

<https://positivepsychology.com/neuroscience-of-gratitude>



6 Gratitude Exercises to Practice

- 7 Try a gratitude countdown--rapidly list ten things you're grateful for. You count down from ten, sharing something you appreciate. Be specific and give a reason for your gratitude. Do not just say what—but think about why you are thankful.
1. Start a gratitude Journal - write down prayers and thankfulness
2. Write a gratitude letter - has someone impacted your life. Write a letter.
3. Explore mindful gratitude -Take a moment each day to notice what you're grateful for in your daily life.
4. Take a gratitude walk - purpose to think positively and rejoice. Resist the urge to complain and worry. Even if it is for 19 minutes.
5. Start a gratitude jar. Write down things you are grateful for and put them in the jar. When you are struggling, pick a few and reflection on them.