

WHAT DO YOU SAY?
Thanksgiving Secret #1
November 9, 2025

Thanksgiving secret: _____ is good for us!

Big Idea: Giving thanks brings me _____.

THREE KEYS TO FINDING JOY IN GIVING THANKS

Rejoice always, ¹⁷pray without ceasing, ¹⁸give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

1 Thessalonians 5:16-18 (ESV)

1. Choose to be thankful before you _____.

- You may not find joy until you _____
to be _____.

2. Choose to be thankful in _____.
(2 Cor. 11:24-27; Rom. 5:3-5; 8:28-29)

- As long as you find _____, you will
never find _____.

3. Choose to be thankful until it becomes _____.

Thankful Habits:

- Thank God for _____ things before asking
Him for _____.
- Thank someone
- Keep a _____ journal.

REFLECTIONS ABOUT LIVING ON MISSION WITH JESUS

Monday: Read Psalm 100 3-5 times reflecting on each verse. The key thought in verses 4-5 is to begin prayer with thanksgiving. Begin your prayer today thanking God for as many things as you can think of in one minute. Verses 3 & 5 give some suggestions. Then pray for what else is on your mind.

Tuesday: “Give thanks” occurs 156 times in the ESV translation. Go to the Bible app or a website like Biblegateway.com and type “give thanks” in the search bar. Read through a good number of verses. What did you learn that could help you to be more thankful?

Wednesday: Read Philippians 1:3-11. Think of someone for whom you are thankful. Pray for them as Paul did for his friends in Philippi. You may choose to use v. 9-11 for ideas. How can you thank them for what they mean to you? Paul wrote a letter.

Thursday: Read Ephesians 5:15-21. Notice that being “filled with the Spirit” results in “giving thanks always and for everything to God the Father in the name of ...Jesus.” Think of a difficulty you are experiencing today or one you experienced recently. Ask the Holy Spirit to help you find things to be grateful for in this adversity. Now thank God for them. You may need to come back and do this again for several days. What promise does God give for this in Philippians 4:6-7.

Friday: Review the key verses from the sermon on Sunday, 1 Thes. 5:15-17. Notice that we can choose to rejoice, choose to pray and choose to give thanks even when we don’t feel like it. Don’t let your feelings direct your choices. Make these three choices daily habits (something you do without ceasing) so that they begin to direct your feelings. This is the path to a joyful life.