

Message:**LEAD WITH THANKS****Scripture Text:**

Lam 3:22-24, 1 Thes 5:14-18, 1 Chronicles 16:34,
Romans 1, Ps. 100:1-5, Ps. 95, Matthew 6:8-14,
Jonah 10:1-10 Col. 3:1-17



This Message & Others can be found at: www.mycrossfire.com

Announcements: Baptisms Nov 30! TPUSA Mon Dec 8th w/ Russel Johnson - Pursuit Church, Food Boxes

Opening Comments: We Must Push Back Against the Onslaught

- We Will Not Be Silenced! We Will Not Back Down! We Will Speak Up
- How Will They Know? How Will Your People/World Know? You
- Prayer Team! We Need You! Call The Office and Get Started

Introduction: The Loss of Thankfulness Brings Division

Our Accountable Counseling Program changes the way we think. It takes time. Once we loose our gratefulness for each we begin division or divorce planning. You must have sight of better days ahead (HOPE). **Daily: begin, throughout and end (5 THINGS) with "What Do You Appreciate about Your Spouse"** then we list the problems that need fixed and we can work through the problems.

- Once Criticism takes hold division starts in relationships. Marriage, work, church!

1. Before Our Feet Hit The Floor, Praise & Thankfulness B4/ Problems Hit

Lamentations 3:22-24

22 Through the Lord's mercies we are not consumed, Because His compassions fail not. (ESV "THE STEADFAST LOVE OF THE LORD NEVER CEASES, HIS MERCY NEVER COMES TO AN END")

23 They are new every morning; Great is Your faithfulness.

24 "The Lord is my portion," says my soul, "Therefore I hope in Him!"

Modeh ani (מודה אני). (MA DON EE) This customary Jewish prayer upon waking up before your feet even hit the floor. Started in the 16th century, not in the Talmud.

They Believe that sleeping is like a minor form of death, and when you fall asleep, your soul leaves your body in order to dwell with God. When you wake up, however, God returns your soul to your body once again, therefore ensuing a prayer of thanksgiving for allowing you to live another day.

NOTE: Bear in mind (the Death/Soul Leaving Portion) that there is some controversy, Being Thankful upon waking up is not Controversial

מודה אני לפניך מֶלֶךְ חַי וְקַיִם, שֶׁחָזַרְתָּ בִּי נִשְׁמָתִי בְּחַמְלָה. רַבָּה אֱמוּנָתְךָ.

I offer thanks to You, living and eternal King, for You have mercifully restored my soul within me; Your faithfulness is great.

WHY IS IT IMPORTANT THAT ITS 1ST THING WHEN WE WAKE?

THE SCIENCE OF SLEEP AND WAKING UP:

Crucial Neurotransmitters & Hormones To Get You Awake:

- 1. Norepinephrine:** This chemical messenger provides an immediate burst of energy while simultaneously enhancing your focus. It's your body's natural way of preparing for a challenge.
- 2. Dopamine:** As our brain's "feel-good" neurotransmitter, dopamine serves as a powerful mood booster. Perhaps most impressively, studies suggest that cold water exposure can trigger dopamine release up to 500 times above normal levels.
- 3. Cortisol:** What role does Cortisol(Stress Hormone) play in waking up? **(YOU NEED THE RIGHT KIND OF STRESS)**

Cortisol is a hormone that peaks shortly after waking. It helps mobilize energy and increase alertness and is a natural part of the waking process.

4. Circadian Rhythm: How does circadian rhythm affect my wake-up time?

Your circadian rhythm regulates your sleep-wake cycle.

Waking up at the same time each day helps reinforce this rhythm. This makes mornings easier over time.

2. Gratefulness To Our Creator/Savior

Cause Us To Bless Others:

Hareini Mekabel: Recited before the morning prayers:
“I Hereby accept upon myself the will of the Creator to
Love Your friend as Yourself” (JESUS ADDS TO LOVE YOUR ENEMIES)

Todah: Thank You, Hashem: The Name - Considered the most important words of your day!

1 Thessalonians 5:14-18

14 Now we [encourage] exhort you, brethren, warn those who are [insubordinate/idle] unruly, comfort the fainthearted, uphold the weak, be patient with all. 15 See that no one renders evil for evil to anyone, but always pursue what is good both for yourselves and for all.

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

19 Do not quench the Spirit. 20 Do not despise prophecies. 21 Test all things; hold fast what is good. 22 Abstain from every form of evil.

23 Now may the God of peace Himself sanctify [set you apart] you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ. 24 He who calls you is faithful, who also will do it.

3. Thankfulness and Love Are Forever/Eternal:

1 Chronicles 16:34 Give thanks to the LORD, for he is good; his love endures forever.

*** One day our sin will be removed but our thanksgiving is eternal.**

It's not that God needs our thankfulness but if we can't show Him thankfulness who gave us life, how can we show our neighbor thankfulness who may turn and do us evil? He blesses us to in-turn be a blessing to others. We are all given gifts to share with others.

4. What Is The Opposite of Thankfulness? Entitlement

If the Motivation of Gratefulness causes a desire to bless, what does the sin of being entitled do? (It Brings Gods Wrath)

ROMANS SHOWS THE DOWNWARD SPIRAL OF ENTITLEMENT: Sin, Moralism, Religion
Romans 1:16-32 (21) For I am not ashamed of the gospel [c]of Christ, for it is the power of God to salvation for everyone who believes, for the Jew first and also for the Greek. 17 For in it the righteousness of God is revealed from faith to faith; as it is written, "The just shall live by faith."

18 For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who [d]suppress the truth in unrighteousness, 19 because what may be known of God is [evident]manifest [among]in them, for God has shown it to them. 20 For since the creation of the world His invisible attributes are clearly seen, being understood by the things that are made, even His eternal power and [divine nature/deity]Godhead, so that they are without excuse, **21 because, although they knew God, they did not glorify Him as God, nor were thankful, but became futile in their thoughts, and their foolish hearts were darkened.**

22 Professing to be wise, they became fools, 23 and changed the glory of the incorruptible God into an image made like [perishable]corruptible man—and birds and four-footed animals and creeping things.

24 Therefore God also gave them up to uncleanness, in the lusts of their hearts, to dishonor their bodies among themselves, 25 who exchanged the truth of God for the lie, and worshiped and served the creature rather than the Creator, who is blessed forever. Amen.

26 For this reason God gave them up to vile passions. For even their [female]women exchanged the natural use for what is against nature. 27 Likewise also the [males]men, leaving the natural use of the [females]woman, burned in their lust for one another, men with men committing what is shameful, and receiving in themselves the penalty of their error which was due.

28 And even as they did not like to retain God in their knowledge, God gave them over to a debased mind, to do those things which are not fitting; 29 being filled with all unrighteousness, *sexual immorality*, wickedness, [greed]covetousness, maliciousness; full of envy, murder, strife, deceit, evil-mindedness; they are whisperers, 30 backbiters, haters of God, violent, proud, boasters, inventors of evil things, disobedient to parents, 31 undiscerning, untrustworthy, unloving, *unforgiving*, unmerciful; 32 who, knowing the righteous judgment of God, that those who practice such things are deserving of death, not only do the same but also approve of those who practice them.

5. The door into God's presence (He doesn't share His glory)

A Psalm of Thanksgiving & Praise.

Psalms 100:1-5 Make a joyful shout to the Lord, [whole earth] all you lands!

2 Serve the Lord with gladness; Come before His presence with singing.

3 Know that the Lord, He is God; It is He who has made us, and [we are His] not we ourselves; We are His people and the sheep of His pasture.

4 Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him, and bless His name.

5 For the Lord is good; His mercy is everlasting, And His truth endures to all generations.

Psalms 95:1-3 Oh come, let us sing to the Lord! Let us shout joyfully to the Rock of our salvation.

2 Let us come before His presence with thanksgiving; Let us shout joyfully to Him with psalms.

3 For the Lord is the great God, And the great King above all gods.

6. Our Prayer Lead With Thankfulness:

MATTHEW 6:8-14 “Therefore do not be like them. For your Father knows the things you have need of before you ask Him. 9 In this manner, therefore, pray:

Our Father in heaven, Hallowed be Your name (RESPECT/ HONOR/ THANKFULNESS)

10 Your kingdom come. Your will be done On earth as it is in heaven.

11 Give us this day our daily bread.

12 And forgive us our debts, As we forgive our debtors.

13 And do not lead us into temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.

14 “For if you forgive men their trespasses, your heavenly Father will also forgive you. 15 But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

7. Deliverance Starts With Repentance & Thanksgiving!

Jonah 2:1-10 Then Jonah prayed to the Lord his God from the fish’s belly.

2 And he said:

**“I cried out to the Lord because of my affliction,
And He answered me. “Out of the belly of Sheol I cried, And You heard my voice.**

3 For You cast me into the deep, Into the heart of the seas, And the floods surrounded me; All Your billows and Your waves passed over me.

4 Then I said, ‘I have been cast out of Your sight; Yet I will look again toward Your holy temple.’

5 The waters surrounded me, even to my soul; The deep closed around me; Weeds were wrapped around my head.

6 I went down to the [a]moorings of the mountains; The earth with its bars closed behind me forever; Yet You have brought up my life from the pit, O Lord, my God.

7 “When my soul fainted within me, I remembered the Lord; And my prayer went up to You, Into Your holy temple.

8 “Those who regard worthless idols Forsake their own [b]Mercy.

9 But I will sacrifice to You With the voice of thanksgiving; I will pay what I have vowed. Salvation is of the Lord.”

10 So the Lord spoke to the fish, and it vomited Jonah onto dry land.

Conclusion: Don't Be Naked - Above All Put SomeThing On!

Colossians 3:1-17 (12-17) If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. 2 Set your mind on things above, not on things on the earth. 3 For you died, and your life is hidden with Christ in God. 4 When Christ who is our life appears, then you also will appear with Him in glory.

5 Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry.

6 Because of these things the wrath of God is coming upon the sons of disobedience, 7 in which you yourselves once walked when you lived in them.

8 But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. 9 Do not lie to one another, since you have put off the old man with his deeds, 10 and have put on the new man who is renewed in knowledge according to the image of Him who created him, 11 where there is neither Greek nor Jew, circumcised nor uncircumcised, barbarian, Scythian, slave nor free, but Christ is all and in all.

12 Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; 13 bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do. 14 But above all these things put on love, which is the bond of perfection. 15 And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful. 16 Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. 17 And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him.

- Life Coaching or Refereeing is Needed, What are you doing for your neighbor?
- Prayer Team Members are Needed! What are you doing to love your neighbor?
- Our Children Need Taught Jesus! What are you doing in the lives of your neighbor?
- Those Who Are Hurting & Are Hungry Need Help & Healing! What are you doing?
- People Need To Hear About Jesus, See Jesus! Do they hear and see Him in you?
- Our Church Family Needs Discipled Daily (Purple Book)! Are you making disciples?

What did I LEARN most? _____

How will I LIVE out what I Learned? _____

How can I GIVE it, or help someone else with what I have learned? _____

I Choose to be a Life-Giver, This Week In This Way? _____

Next Week: