



Series:	Date: Nov. 20th, 2016
Topic: Thankfulness is the Best Medicine	Speaker: Dr. George Rhoades

WELCOME

This week Dr. George Rhoades shares with us why thankfulness is the best medicine and how we can be thankful for more than what is happening in our lives.

For the ice breaker this week, share your answers to the following question: What is the one side dish you must have at Thanksgiving.

WORSHIP

Start the worship time by encouraging people to share praises for what God has done in their life this past week. Sing worship songs from the Sunday services or select your own.

WORD

- I. Spiritual Objective.** At the end of the discussion, members will:
- A. Discuss the benefits of thankfulness and how we can express it
 - B. Talk about what we are thankful in our lives, in the lives of others and in God's creation.

II. The Sermon Synopsis:

With Thanksgiving approaching this week, most of us take time to reflect on what we are thankful for. Dr. Rhoades reminds us there are many things to be thankful for and that thankfulness is an important concept throughout Scripture. We can be thankful for God's wonders, thankful for God's wonders in others, thankful for the faith and actions of other believers, and, of course, we can be thankful for what God is doing in our own lives.

Thankfulness and developing an attitude of thankfulness can have a variety of benefits. Not only does being thankful improve our physical and psychological health, but it also creates more empathy and less aggression, leads to better sleep, improved self-esteem, increases mental strength. All these benefits can also open the door to more relationships, as thankful people are typically happy people to be around.

The Text:

Enter His gates with thanksgiving. And His courts with praise. Give thanks to Him, bless His name.

(Psalm 100:4 NASB)

⁴ I thank my God always concerning you for the grace of God which was given you in Christ Jesus, ⁵ that in everything you were enriched in Him, in all speech and all knowledge,

(1 Corinthians 1:4-5 NASB)

Discussion Questions

III. There are many benefits to the practice of being thankful and expressing our thankfulness. Having a thankful attitude affects our attitude in a positive way and can improve physical health, psychological health, relationships with others, self-esteem, and so forth. *How do you express your thankfulness? How can we express our thankfulness in different ways? In what tangible ways have you seen the benefits of thankfulness in your own life?*

IV. Dr. Rhoades emphasized the importance and the benefits of being thankful, but he also made an important statement about being thankful: it is not enough to just list things we are thankful for, we should also be expressing why we are thankful for it. *How does the question of "why?" prevent us from going through the motions? What can the question of "why?" reveal about the types of things we are thankful for? Think of something you're thankful for right now and ask yourself, 'why are you thankful for this?'*

V. Dr. Rhoades talked about the truth that there is so much that we can be thankful for in the world. God has created so many wonders in the world: sunsets, laughter, our complex bodies, stars, the list could go on and on. *What are three things in creation (not related to yourself, family, friends, or loved ones) that you are thankful for? Why did you choose those three? (E.g. Rainbows because they remind me of God's love.)*



VI. Another thing we can be thankful for are the gifts, characteristics, or actions of others that we have seen. Not everything we can be thankful for has to directly relate to us. *What are three things you are thankful for in others? Why is that? How can you express that thankfulness to those individuals this week? Has anyone ever thanked you for who you are or what you've done? How did you feel? Who can you 'pass it forward' to in expressing your own appreciation?*

VII. Finally, it is important to be thankful for what God has done and is doing in our own lives. Dr. Rhoades pointed out that even in the midst of difficult times there are always things to be thankful for. *What are three things you are thankful for in your own life in spite of the difficulties you're going through? Why are you thankful for those things?*

WORK

- **Pray** and thank God for all that He is doing in your life and in the lives of those around you. Tell Him why you are thankful for what He is doing and ask for more opportunities to express your thanksgiving to Him and to others.
- **Service Opportunity:** If your HOME group is interested in serving the community in any way this Thanksgiving and Christmas season and would like ideas or opportunities. Please contact Jon Ayin at the Church.
- **Pray for Our Building Expansion Project (BEP).**
 - ❖ We are appealing our parking requirement to the C&C this week. Please continue to pray that they will accept the number of parking stalls we need based on our actual use of our facilities instead of the potential capacity of our buildings that requires more stalls than we have available.
 - ❖ Continue praying that Max will continue to move forward on the detailed drawings to complete 65% by the end of November, and building permit drawings by mid-December.

- ❖ Pray that our contractor will soon provide a final cost estimate that will be within the original estimate so that we can secure a final loan commitment.
- ❖ The grading permit application has been submitted—please pray that it will be approved by the end of January 2017.
- ❖ Pray for our continuing “Rise Up & Build” Stewardship Campaign—that our new members and regular attenders also will participate, especially to match the matching gift of \$20,000 by this Sunday. (Gifts toward this can be donated by Dec. 31). Pray that we will raise the rest of the \$211,000 upfront gifts and receive the grants and loans we need.

Announcements:

1. **Thanksgiving Holiday.** Thurs, 11/24. Take a moment to give thanks to the Lord for all the great things He has done, and celebrate this time of thanksgiving with family & friends.
2. **Christmas Decorations.** Sat, 11/26 at 9:00am. Encourage your HG to come out and help decorate our church for the Christmas holidays and more importantly our stage decorations for our AWANA Christmas program the following Sunday (see below).
3. **Star Trip: Our Faith Awakens.** Sunday, 12/4 at 8:00 AM & 10:30 AM Mark your calendars & Save the date for our AWANA Children's Christmas program. Invite friends and family to hear the Christmas story told in a unique way.
Helpers Needed. We also need a lot of help for this special AWANA program with Food Prep, Site and Food Set-up, Greeters and Welcome Center Help and Car Park Marshalls.
4. **Youth Christmas Camp.** Tue-Sat, Dec 27th – Dec 31st at Our Lady of Keeau. Need adult help to provide all kinds of support. If you can help in any way at any time, please see Abi.