

The Fullness of Thanksgiving
The Foundation of Thanksgiving
Discover Church
Mark Phillips
November 23, 2025

The Foundation of Thanksgiving is built on A Lifestyle of Gratitude

1. The **core** of Biblical gratitude is **intentionality**

“Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations.” Psalm 100

2. A Strong Foundation means you can set **boundaries**

My house, my rules

Protecting Thanks At Thanksgiving

- A. **Set** boundaries out of **love**

Seek First to Understand, Then to Be Understood

“Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.” Colossians 4:5-6

“Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.” Colossians 4:6

- B. **Communicate** boundaries with **grace**

“But now in Christ Jesus you who once were far away have been brought near by the blood of Christ. For he himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility, by setting aside in his flesh the law with its commands and regulations. His purpose was to create in himself one new humanity out of the two, thus making peace, and in one body to reconcile both of them to God through the cross, by which he put to death their hostility. He came and preached peace to you who were far away and peace to those who were near. For through him we both have access to the Father by one Spirit. Consequently, you are no longer foreigners and strangers, but fellow citizens with God’s people and also members of his household, built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. In him the whole building is joined together and rises to become

a holy temple in the Lord. And in him you too are being built together to become a dwelling in which God lives by his Spirit.” Ephesians 2:13-22

C. Use boundaries to protect **peace**

“So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed. That, however, is not the way of life you learned when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.” Ephesians 4:17-24

D. Honor others with your boundaries

“Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold. Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need. Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Follow God’s example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.” Ephesians 4:25-5:2

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.” Ephesians 4:29

“Above all else, guard your heart, for everything you do flows from it.” Proverbs 4:23

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A Lifestyle of Gratitude

1. The _____ of Biblical gratitude is _____
2. A Strong Foundation means you can set _____

Protecting Thanks At Thanksgiving

- A. _____ boundaries out of _____
- B. _____ boundaries with _____
- C. _____ boundaries to protect _____
- D. _____ others with your boundaries

Scripture: *Psalm 100; Colossians 4:5-6; Ephesians 2:13-22; Ephesians 4:17-5:2; Proverbs 4:23*