

The Fullness of Thanksgiving
Finding Joy Through Thanksgiving
Discover Church
Mark Phillips
November 9, 2025

Joy is a **choice** based on your **Thanksgiving** to God.

Thanksgiving is **more** than a Thursday in November; it is a **way of life**.

Keys to Unlocking Joy

1. The **Foundation** of Joy Is **Knowing God**

“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 100:1-5

The key is **Belonging**

“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him.” John 3:16-17

2. The **Practice** of Joy Is **Cultivating Gratitude**

Thanksgiving is a deliberate, daily discipline, not just an annual event.

“Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.” Colossians 3:15-17

3. The **Overflow** of Joy Is **Sharing** with Others

“It is more blessed to give than to receive.” Acts 20:35

- **Giving and Faith is a major source of joy**

“Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.”
Luke 6:38

- **Increased happiness and well-being**
- **Reduced stress and anxiety**
- **Improved physical health and longevity**
- **Stronger social connections and a sense of community**
- **Spiritual growth and transformation**

“God loves a cheerful giver.” 2 Corinthians 9:7

“A generous person will prosper; whoever refreshes others will be refreshed.” Proverbs 11:25

4. The **Power** of Joy is **Eternal**

“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”
Philippians 4:4-7

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Keys to Unlocking Joy

1. The _____ of Joy Is _____

The key is _____

2. The _____ of Joy Is _____

3. The _____ of Joy Is _____ with Others

4. The _____ of Joy is _____ ***!***

Scripture: *Psalm 100:1-5; John 3:16-17; Colossians 3:15-17; Acts 20:35; Luke 6:38; 2 Corinthians 9:7; Proverbs 11:25; Philippians 4:4-7*