

THANKING THROUGH IT

Ryland Walter | November 18-19, 2023
Week 4: Staying Sane This Season

HAPPY THANKSGIVING!

The Bible gives us four ways to demonstrate our thankfulness:
Singing, praying, giving, and remembering.

Singing

Sing psalms and hymns and spiritual songs to God with thankful hearts.
Colossians 3:16b (NLT)

Sing out your thanks to the Lord... Psalm 147:7 (NLT)

Praying

Rejoice in the Lord always. I will say it again: Rejoice! ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
Philippians 4:4,6-7 (NIV)

Giving

"I will sacrifice a thank offering to you." Psalm 116:17 (NIV)

Celebration Offering

A year end, extra gift to support our ministry partners,
support the legal defense fund for the India Pastors network,
fund a medical care adoption grant,
and further the ministry of Rock Brook Church.

Remembering

He came into the very world he created, but the world didn't recognize him. ¹¹ He came to his own people, and even they rejected him. ¹² But to all who believed him and accepted him, he gave the right to become children of God. ¹³ They are reborn—not with a physical birth resulting from human passion or plan, but a birth that comes from God.
John 1:10-13 (NLT)

Jesus: "Don't let your hearts be troubled. Trust in God, and trust also in me. ² There is more than enough room in my Father's home. If this were not so, would I have told you that I am going to prepare a place for you? ³ When everything is ready, I will come and get you, so that you will always be with me where I am. John 14:1-3 (NLT)

[John 14:1-11; 27-29]

Holiday Crazy-Makers

1. _____

Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.
Colossians 3:13 (NLT)

The answer: Be _____ minded

The merciful man does good for his own soul,
But he who is cruel troubles his own flesh. Proverbs 11:17 (NKJV)

2. _____

Wine produces mockers; alcohol leads to brawls.
Those led astray by drink cannot be wise. Proverbs 20:1 (NLT)

The answer: Be of _____ mind

Be alert and of sober mind. 1 Peter 5:8 (NIV)

3. _____

Godliness with contentment is great gain.
1 Timothy 6:6 (NIV)

The answer: Be of _____ mind

For God has not given us a spirit of fear, but of power and of love and of a sound mind.
2 Timothy 1:7 (NKJV)

Celebrate Recovery Services

Wednesdays at 6:30PM | East Auditorium

Celebrate Recovery is a Christ-centered recovery program with foundations firmly established in Biblical truth. It exists so you can find freedom from any hurt, habit or hang-up and live fully alive in Jesus.

rockbrook.org/cr

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[John 14:1-11; 27-29]

Holiday Crazy-Makers

1. Hurts

Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.
Colossians 3:13 (NLT)

The answer: Be mercy minded

The merciful man does good for his own soul,
But he who is cruel troubles his own flesh. Proverbs 11:17 (NKJV)

2. Habits

Wine produces mockers; alcohol leads to brawls.
Those led astray by drink cannot be wise. Proverbs 20:1 (NLT)

The answer: Be of sober mind

Be alert and of sober mind. 1 Peter 5:8 (NIV)

3. Hangups

Godliness with contentment is great gain.
1 Timothy 6:6 (NIV)

The answer: Be of sound mind

For God has not given us a spirit of fear, but of power and of love and of a sound mind.
2 Timothy 1:7 (NKJV)

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THANKING THINKING THROUGH IT

STAYING SANE THIS SEASON Talk-it-Over Notes | November 18-19, 2023

REVIEW IT

We don't just want to *be* thankful, but also *demonstrate* our thankfulness. The Bible gives us four ways to demonstrate our thankfulness to God: singing, praying, giving, and remembering. This season, remember who you are as a believer. You are NOT your work, successes or failures, your ministry, or who your kids turn out to be. You are a child of God — not a servant, slave, or worker. As a child of God, in heaven you will not have a separate, cold mansion. God has prepared a place for you **in His house**.

With God's help, we can make it through this season by being prepared to confront the holiday crazy makers...

- **Hurts** - Our families, those closest to us, know how to push our buttons. We can enter into these challenging relationships carrying mismatched expectations. The answer: **Be mercy minded**.
- **Habits** - Holidays exasperate our temptations. The answer: **Be of sober mind**.
- **Hangups** - Traditions and obsession over how things "should" be can get in the way of putting God first. The answer: **Be of sound mind**.

*For God has not given us a spirit of fear, but of power and of love and of a sound mind.
2 Timothy 1:7 (NKJV)*

Spend some time in the word: Read John chapter 14

TALK ABOUT IT

1. What is your favorite way to demonstrate thankfulness? What do you want to be better at or do more of? What is a practical step you can take to grow in this area?
2. Jesus is preparing a place for you in His Father's house. What does it mean to you to be included in this way, not merely given an apartment in the neighborhood?
3. In the upcoming holiday season, what crazy maker is influencing your attitude? Out of the answers given in the message, how can your group support you?

ACT ON IT

Any change in life, especially when we want to adjust a habit or start a new one, requires intentionality and planning. Approach this with grace for yourself and realistic expectations. Tell a trusted friend what your plan is during this season so that you can be supported and encouraged. You are not alone!

Don't forget we have a ministry here to help you find freedom from your hurts, habits and hangups. Check out rockbrook.org/cr for more information about Celebrate Recovery is all about.

PRAY ABOUT IT

Ask the Holy Spirit to show you how you can participate in Rock Brook's celebration efforts with your time, talents, and treasure.