



# thanksGIVERS not thanksKEEPERS

## ThanksGIVERS Not ThanksKEEPERS

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### Notes:

I. When Do I Give Thanks? (1 Thess.5.16) – Always

II. Where Do I Give Thanks? (1 Thess.5.18a) - In everything

III. Why Do I Give Thanks? (1 Thess.5.18b) – God’s Will

### Conclusion

This thanksgiving I’m thankful...

Ways to express thanksGIVING

Verbally, out loud tell God “Thank you!” Prov. 17.22 – a joyful heart is good medicine.

So do you want to feel better? Be more thankful.

Make a written list of God’s character and his blessings in your life.

Verbalize them. Speak them to God and to others.

Write a letter of thanks to another person

Have a family time of sharing – I am thankful for\_\_\_\_\_.

## Weekday Application Questions:

- Monday:** Read Philippians 4.4. What are some of the things that hinder us from “rejoicing always”? What are some of the things that encourage us to be perpetual thanksgivers? Tuesday: Read Psalm 100. Why are we to sing joyfully? Why are we to give thanks?
- Wednesday:** Read Psalm 103. What are some of the benefits listed for which we are to give thanks? What are the attributes of God listed in this psalm? How does knowing them encourage you to give thanks?
- Thursday:** Today is Thanksgiving Day so as you spend time with family or friends or even by yourself make a list of reasons you are grateful. If it helps use categories like Spiritual, Physical, Relational, Economic, Material.
- Friday:** Read Colossians 3.15–17. What one thing in each verse are we to do? What is to be our attitude in doing them? Why do you think that is important?
- Saturday:** Read Hebrews 13.15–16. Why does the writer call praise a sacrifice? What are different contexts in which you can verbalize your praise and to whom?