

FEELING

GRATITUDE

This Thanksgiving:
Don't Miss What You've Got...
By Missing What You're Missing!

PRESENT

AND NOT
GIVING IT.

1 Thess 5:18

~WILLIAM ARTHUR WARD~



Too Many Singing... ...the Holiday Blues

Signs

- feeling sad/ discouraged
- loss of interest
- Appetite weight change
- restless
- lack of energy
- feeling hopeless
- difficulty concentrating
- persistent thoughts of death or suicide
- withdrawal
- various physical symptoms

HOLIDAY
BLUES



In Order to

- Change Your Attitude
- Become Grateful Again
- Enjoy the Season of Thankfulness

You Have to Make a Conscience Effort to Change Your...

FAITH

Keep Faith that God Really Is In Control...

...You CAN Trust Him To Take Care of the Situation,

...In HIS Time, in HIS Way – Which Is the BEST Way.

“Jesus responded, ‘Why are you afraid? You have so little faith!’ Then he got up and rebuked the wind and waves, and suddenly there was a great calm.” -Matthew 8:26 (NLT)

FORGIVE

- **Forgive the Past**
- **Forgive Yourself**
- **Forgive Those in Front of You**
- **Forgive Those Who are Not in Front of You**

Remember: they may need to forgive you, too!

“If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins.” -Matthew 6:14-15 (NLT)

"We should

FACE

Keep Your Eyes on Jesus
Look Forward, not Backward!
Seek HIS face and
Let Him Take Care of the Rest.

*"Seek the Kingdom of God above all else, and live righteously,
and he will give you everything you need."* **–Matthew 6:33 (NLT)**

make our
blessings count."

FOCUS

If you are *grateful*
for everything,
then whatever you have

Focus on...

- GIFTS in Front of You
- On What You Have – Not What You Don't Have

THANK God for the Gifts in Front of You...

...TRUST God for the Gifts that are Coming

Focus on the ETERNAL Reward –

...Not on Your Temporary Home Here on Earth

FORGET NOT

'SOME PEOPLE COMPLAIN BECAUSE
GOD PUT THORNS ON ROSES, WHILE

OTHERS

RO

...the True Meaning of Thanksgiving

...And Christmas

God Provided for our Spiritual / Physical Needs

Tell God How Thankful You Are for

- What He has Given to You
- What He has Not Given You

1 Thess 5:18, *“give thanks in all circumstances;
for this is God's will for you...”*

- **T- Take** Nothing for Granted
- **H- Humble** Yourself Before God
- **A- Action-** Keep Moving Forward...
...Don't Let Circumstances Stop You
- **N- Never** Forget God Is Always In Control
- **K- Keep** Your Eyes on the Blessor..
...Not the Blessing
- **S- Say** Thanks Often