

Subject: Praise God From Whom All Blessings Flow & 12/13 invite from First Pres Women

Sent: 11-17-22

Hi everyone,

Thanksgiving is one week from today – can you believe it?! I'm praising God for the changing season, that not all our vibrant red, yellow, and orange leaves have fallen to the ground just yet, and as it gets dark SO early, we can snuggle under warm covers and hopefully get to bed a little earlier. What else can we praise Him for?

*"Holy, holy, holy is the Lord of hosts; the whole earth is full of His glory."* Isaiah 6:3

*"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 100:4-5

*"Through Jesus, therefore, let us continually offer to God a sacrifice of praise — the fruit of lips that openly profess His name. And do not forget to do good and to share with others, for with such sacrifices God is pleased."* Hebrews 13:15-16

Here are three practical ways to practice gratitude:

1. Try saying, "Thank You, God, for this day" first thing in the morning. This can mean dropping to your knees as you get out of bed. Or stepping outside to feel the cold, fresh air on your face as you look up and thank Him. Or just shouting it out while your head is still on your pillow!
2. Worship and giving thanks go hand in hand. Make extra time to listen to hymns and songs this next week. Did you know music is healing to our souls, music is one of the best ways to draw our hearts into awe and worship, and worship accomplishes things in the spiritual realm we don't even understand?!!! Heaven rejoices with us! Amen! Try this song: <https://youtu.be/Li2hddmy63U>.
3. Make a list of all you are thankful for, starting with the small things like hearing the geese honking as they fly overhead. Watch your perspective change as you see each item you write down as a gift from God just for you today. The list will be longer than you think! Thank You, God!

#### **ANNOUNCEMENTS:**

- **IF:Table and Christmas Celebration 12/13!** Don't miss this! First Pres Women's Ministry invites you to join us for our next IF:Table on Tuesday December 13 from 5:30-7:30 p.m. in the First Pres Parlor. IF:Table is a place to gather for a meal, make new friends, and have an honest spiritual discussion as we answer different questions each month about our faith journey. For questions and to RSVP, please call or text Emily Wood at 418-0404.
- **NEED PRAYER?** I would love to pray with you over the phone or in person. Call me at 806-418-0404 to pray or set up a time to come to my office and pray. *"For where two or three are gathered in my name, there am I among them."* Matthew 18:20
- If you haven't listened to the *Made for This* podcast by Jennie Allen yet, I highly recommend you try out this season. There are lots of good and timely discussions about how to honor and glorify God in our lives and in our time. You can find out more at [www.jennieallen.com/podcast](http://www.jennieallen.com/podcast).

Happy Thanksgiving, everyone! *"May God bless you and keep you, make His face shine upon you, and give you peace,"* Numbers 6:24-26.

May we give thanks in all circumstances (1 Thess. 5:16-18),

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