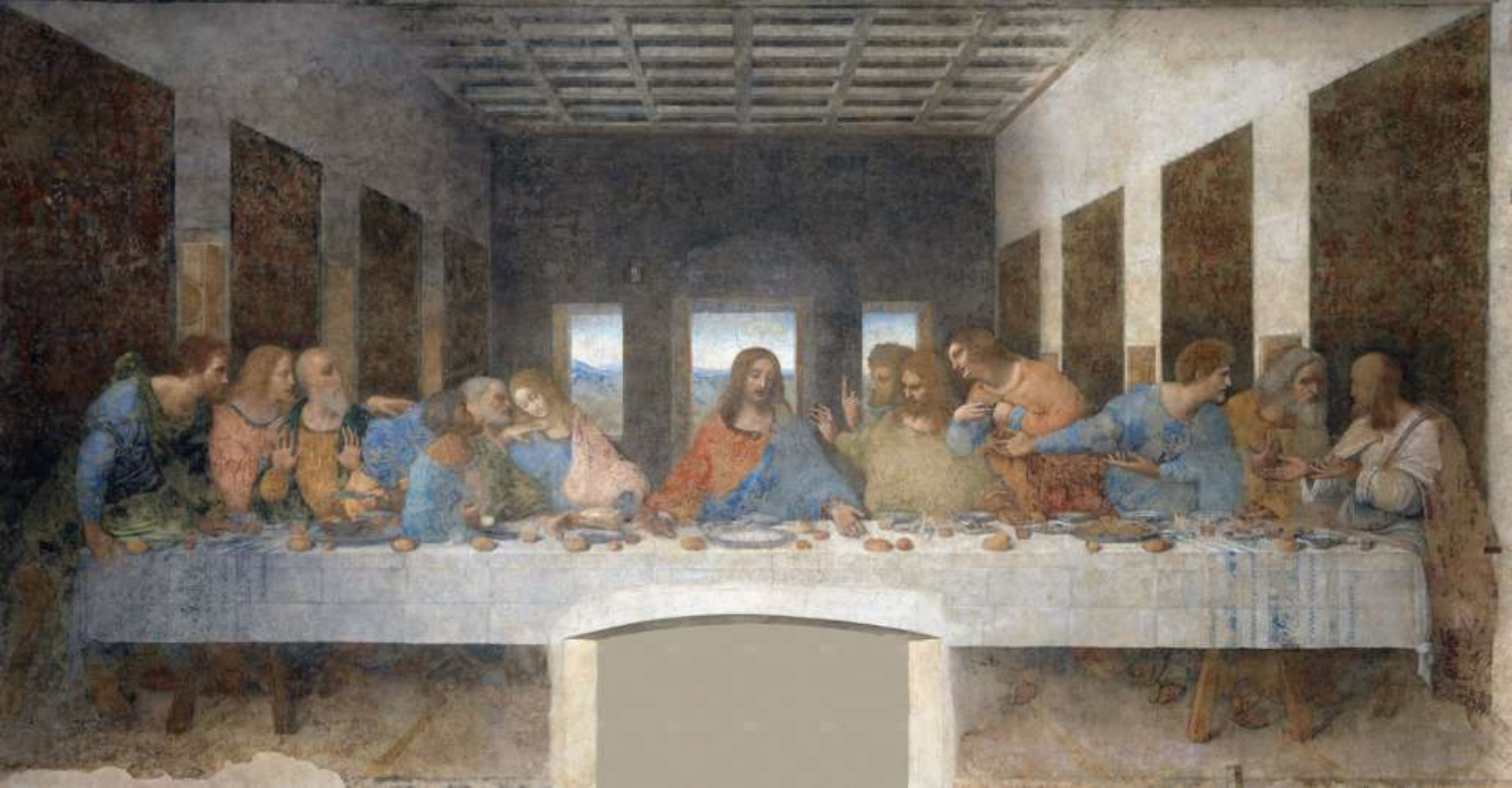


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**Happy ThanksLiving**



1. **Last Supper**, Italian **Cenacolo**, one of the most famous artworks in the world, painted by [Leonardo da Vinci](#) probably between 1495 and 1498 for the [Dominican](#) monastery [Santa Maria delle Grazie](#) in [Milan](#). On a dining hall wall.
2. A picture of the first Christian Thanksgiving service



# God's People Give Thanks

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Shout joyfully to the LORD, all the earth.

<sup>2</sup> Serve the LORD with gladness;

Come before Him with joyful singing.

<sup>3</sup> Know that the LORD [b]Himself is God;

It is He who has made us, and [c]not we ourselves;

*We are* His people and the sheep of His pasture.

<sup>4</sup> Enter His gates with [d]thanksgiving

*And* His courts with praise.

**Give thanks to Him, bless His name.**

**<sup>5</sup> For the LORD is good;**

**His lovingkindness is everlasting**

**And His faithfulness to all generations.**

**Psalm 100**



# How Important is It?

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**16** Rejoice always;

**17** pray without ceasing;

**18 in everything give thanks;  
for this is God's will for you  
in Christ Jesus.**

1 Thessalonians 5:16-18



# Complaining Rewires Your Brain

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- Repeated complaining rewires your brain to make future complaining more likely. Over time, you find it's easier to be negative than to be positive, regardless of what's happening around you. Complaining becomes your default behavior, which changes how people perceive you.
- And here's the kicker: complaining damages other areas of your brain as well. Research has shown that complaining shrinks the hippocampus -- an area of the brain that's critical to problem solving and intelligent thought. Damage to the hippocampus is scary, especially when you consider that it's one of the primary brain areas destroyed by Alzheimer's.

"How Complaining Rewires Your Brain for Negativity"

Travis Bradberry, Entrepreneur.com,09/09/2016



# Gratitude Produces Healing

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Cultivate an attitude of **gratitude**. When you feel like complaining, shift your attention to something that you're grateful for. Taking time to contemplate what you're grateful for isn't merely the right thing to do; it reduces the stress hormone cortisol by 23%. Research has found that people who worked daily to cultivate an attitude of gratitude experienced improved mood and energy and substantially less anxiety due to lower cortisol levels.

"How Complaining Rewires Your Brain for Negativity"

Travis Bradberry, Entrepreneur.com,09/09/2016



# The Very First Thanksgiving

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**23** For I received from the Lord that which I also delivered to you, that the Lord Jesus in the night in which He was betrayed took bread; **24 and when He had given thanks,** He broke it and said, "This is My body, which is for you; do this in remembrance of Me."

**1 Corinthians 11:23-24**



# Ultimate Act of Faith

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- For WHAT was Jesus giving thanks?
- Put another way, Why was Jesus giving Thanks?
- Powerful example of what it means to put your life completely in the hands of the Father.
- Acknowledge that He is Lord, He is Provider, He has a Plan, He is Always FAITHFUL, and everything **is OK!**





# Foundation of Faith

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- Have you ever heard the phrase, “The Eucharist?”
- For at least half of the world’s Christians, this is the term for the Lord’s Supper or Communion
- It means, **Giving Thanks**, based on Paul’s reference in 1 Cor 11
- HEADLINE: Our approach to the Lord’s Supper is not supposed to be one of feeling guilty or ashamed or apologetic, promising to do better and try harder
- We are invited to have an attitude of gratitude, for Who He IS, and WHAT HE HAS ALREADY DONE, which makes it possible for us WORTHY to stand in His Presence free, forgiven and unashamed!!



# Give Thanks to the Lord, For You Are:

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- deeply loved by God,
- fully accepted by God,
- completely and permanently forgiven by God,
- lavishly blessed by God,
- and eternally, perfectly embraced by God as his child; a child who brings Him unspeakable JOY