

Thanksgiving 2022

Thanks for ???

Mental health depends on attitude. Being thankful is a key. But what you are thankful for will determine much more than just your mental health.

Intro

We have so many things to be thankful for.

We have been able to cherish early spring moments like Easter. Or holding a new grandson. You can be thankful for the whole family being together. And some of their silliness. You can be thankful for seeing the grand wonders of nature. Or many of the animals of an incredible zoo in California. Be thankful for seeing the beauty of other cultures.

Everything good thing comes from God. The Bible tells us, James 1:17 Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.

Thankfulness should not be about the gift itself, but the giver of the gift.

The Psalmist said it best. Psalms 23:1-6 THE LORD is my shepherd; I - SHALL - NOT - WANT. (2) **He** makes me lie down in green pastures. **He leads me** beside still waters. (3) **He restores** my soul. **He leads me** in paths of righteousness for his name's sake. (4) Even though I walk through the valley of the shadow of death, **I will fear no evil**, for **you are with me**; your rod and your staff, **they comfort me**. (5) **You** prepare a table before me in the presence of my enemies; **you anoint my head** with oil; my - cup - overflows. (6) Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever.

Sing with us “Count Your Many Blessings”

Count your many blessings.

From all of us at Timeless Talks, we wish you the best of Thanksgiving. Thanks for watching. Goodbye for now.