

From the Family Room

*Creekwood Church of Christ
Mobile, AL*

20 November, 2016

Happy Thanksgiving!



Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. Philippians 4:6, 7

in everything give thanks; for this is God's will for you in Christ Jesus. I Thessalonians 5:18

Enter His gates with thanksgiving and His courts with praise. Psalms 100

One of the fundamentals of living a peaceful and blessed life is a thankful attitude. The fast pace of our lives and the rampant materialism that is everywhere today pretty well squashes the attitude of thankfulness. There are several benefits for us when we become truly grateful for all of our blessings. God knows the value of these benefits to us. That is why He inspired many passages in the Bible to deal with thanksgiving. Studies indicate the following benefits our young people can enjoy because of an attitude of gratitude.

- **Grateful teens have more positive attitudes towards their families and school. They feel more connected with others and have more friends. Their loyalty to and enthusiasm for their school increases.**
- **They are less likely to have behavioral problems at school, abuse alcohol or drugs, or suffer from depression.**
- **Grateful teens make higher grades. One study showed that keeping a gratitude journal for just three weeks contributed to a higher grade point average for the entire school year.**
- **Teens who appreciate their blessings are more sensitive to the needs of others. They have a greater ability to empathize with others. They are more aware of situations where they can be helpful.**
- **As levels of gratitude increase, levels of energy, enthusiasm, attentiveness, and determination also increased.**
- **This resulted in more progress being made toward achievement of personal goals. These included health-based and academic goals.**

Contrasted with these benefits enjoyed by grateful teens, those who are ungrateful tend to have lower grades, enjoy less physical activity, act more aggressively, abuse drugs more, and engage in greater risk taking behavior. Youth who feel entitled have greater feelings of continual disappointment.

It would be great if we were all blessed with an innate tendency to be constantly thankful. Unfortunately that is not always true. For most of us, an attitude of gratefulness has to be developed over the course of several years. We as Christians have a natural base upon which to build a grateful life. We are blessed beyond measure. This week as a family, openly share with each other things for which you are thankful. As a parent, take the lead in this exercise.

When we pray with thanksgiving, we can enjoy peace in our family that the world cannot comprehend. We pray that each of us will have a truly happy Thanksgiving this coming Thursday.

RICKY