

Thanksgiving what you already have

Mark 6:32-38

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41 Taking the five loaves and the two fish and looking up to heaven, he **gave** thanks and broke the loaves. Then he gave them to his disciples to set before the people. He also divided the two fish among them all. 42 They all ate and were satisfied, 43 and the disciples picked up twelve basketfuls of broken pieces of bread and fish.

Thanksgiving makes you

Luke 17:11-19

15 And one of them, when he saw that he was healed, returned, and with a **loud** voice **glorified** God,

16 and fell down on his face at His feet, giving Him **thanks**. And he was a **Samaritan**.
17 So Jesus answered and said, "Were there not ten cleansed? But where are the nine?
18 Were there not any found who returned to give **glory** to God except this **stanger**?" 19 And He said to him, "Arise, go your way. Your faith has made you **whole**."

Thanksgiving releases power

John 11:41-43

So they took away the stone. Then Jesus looked up and said, "Father, I thank you that you have heard me. ...

43 When he had said this, Jesus called in a loud voice, "Lazarus, come out!"

Things to give thanks for:

A great marriage is not when the perfect couple comes together. It is when an "imperfected couple," learns to enjoy their differences.

Dave Meurer, Reader's Digest

Psalms 103:1-3

Praise the LORD, O my soul; all my inmost being, praise his holy name. 2 Praise the LORD, O my soul, and forget not all his benefits-- 3 who forgives all your sins and heals all your diseases. 4 who redeems your life from the pit and crowns you with love and compassion, 5 who satisfies your desires with good things so that your youth is renewed like the eagle's.

9. PUT ON RELATIONSHIP BUILDING EMOTIONS

Prov 13:20

20 He who walks with wise men will be **wise**, But the companion of fools will be **destroyed**. NKJV

1 Corinthians 5:9-11

9 I have written you in my letter not to associate with sexually immoral people- 10 not at all meaning the people of this world who are immoral, or the greedy and swindlers, or idolaters. In that case you would have to leave this world. 11 But now I am writing you that you must not associate with anyone **who calls himself a brother** but is sexually immoral or greedy, an idolater or a slanderer, a drunkard or a swindler.

With such a man do not even **eat**.

Definition of ENVY: To be **upset** with God's blessings on others and **ignoring** God's blessings on ourselves.

A. ENVY DESTROYS RELATIONSHIPS

1. It causes and

James 4:2 ... You are jealous for what others have, and you can't possess it, so you fight and quarrel to take it away from them. NLT

2. Jealousy destroys our and

Proverbs 14:30 A heart at peace gives life to the body, but envy rots the bones.

Ecc 4:4-5

4 Then I saw that all painful effort in labor and all skill in work comes from man's rivalry with his neighbor. This is also vanity, a vain striving after the wind and a feeding on it. AMP

We buy things we don't need with money we don't have to impress people that we don't like.

3. It leads to other

James 3:16

16 For where you have envy and selfish ambition, there you find disorder and every evil practice.

Galatians 5:19-20

19 The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions

James 3:14

14 But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or **deny** the truth.

B. HOW TO OVERCOME JEALOUSY

1. Recognise my

Ps 139:13-15

13 You made all the delicate, inner parts of my body and knit me together in my mother's womb. 14 Thank you for making me so wonderfully complex! Your workmanship is marvelous--and how well I know it. NLT

The root cause of jealousy is

2. Resist myself to others

Galatians 6:4

4 Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else.

9 It is useless; it is like **chasing** the wind. It is better to be satisfied with what you have than to be always wanting something else. TEV

3. Relax in God's

Remember these truths:

God is always and fair

Romans 12:15 Rejoice with those who rejoice; mourn with those who mourn.

God knows what's for me.

Exodus 23:29-30

29 But I will not drive them out in a single year, because the land would become desolate and the wild animals too numerous for you. 30 Little by little I will drive them out before you, until you have increased enough to take possession of the land.

God is in

Psalms 37:1-3

Do not fret because of evil men or be envious of those who do wrong; 2 for like the grass they will soon wither, like green plants they will soon die away. 3 Trust in the LORD and do good; dwell in the land and enjoy safe pasture.

4. Refocus on God's for me.

Prov 23:17

17 Don't be envious of sinful people; let reverence for the LORD be the concern of your life. 18 If it is, you have a **bright future**. TEV

Ps 119:37 Turn me away from wanting any other plan than yours. Revive my heart toward you. TLB

5. Rejoice in what I have

How do you **know** you are jealous?

A attitude is an indication of an jealous and insecure person.

We are stuck and upset over little thing and failed to enjoy what we do have.

Give with what you have

1 Thessalonians 5:18

18 give thanks in all circumstances, for this is God's will for you in Christ Jesus.

Someone writes:

I am thankful ...

For the husband who snores all night, because he is at home asleep with me and not with someone else.

For the taxes that I pay because it means that I am employed.

For the clothes that fit a little too snug because it means I have enough to eat.

For a floor that needs mopping, and windows that need cleaning because it means I have a home.

For the parking spot I find at the far end of the parking lot because it means I have legs.

For the noise I have to bear from my neighbours because it means that I can hear.

For the pile of laundry and ironing because it means I have clothes to wear.

For weariness and aching muscles at the end of the day because it means I have been capable of working hard.

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