Why Being Thankful is a Powerful Way to Live Free

"The Lord is my strength and my shield; my heart trusts in Him, and I am helped; therefore my heart exults. And with my song I shall thank Him." Psalm 28:7

We have so much to be grateful for in this life, every single day. But reality is that sometimes constant life demands, battles, and worries give more room to defeat than to a heart of thanks. Or we forget, in the midst of busyness and pressures, just to pause and give thanks for all that God has done and continues to do in our lives.

Sometimes it really is a sacrifice to offer praise and thanks. We may not feel like it. We're struggling. We're weary. Or maybe, we feel like He has let us down. We think God seems distant, like He is far away, or doesn't really care about what is troubling us. Painful life blows and losses might have recently sent us spiraling.

But here's what can make a lasting difference. We have a choice, every day, to give Him thanks. And with a heart of thanksgiving, all year long, we realize that no matter what we face, God doesn't just work to change our situations and help us through our problems. He does more. He changes our hearts. His power, through hearts of gratitude and focused minds on Him, releases the grip our struggles have over us. We're strengthened by His peace, refueled by His joy.

No matter what our current situation, or the struggles we may be facing, here's what choosing to be thankful does:

**It gets our eyes off ourselves, and helps us to focus back on God.

**It reminds us we are not in control, but that we serve a Mighty God who is. It keeps us in a place of humility and dependency on Him, as we recognize how much we need Him.

**It helps us to recognize we have so much to be thankful for, even all the little things, which often we may forget to thank Him for. It takes our attention off our problems and help us instead to reflect on the goodness of His many blessings.

**It reminds us that God is the Giver of all good gifts. We were never intended to be fully self-sufficient in this life. A grateful heart reminds us that ultimately God is our Provider, that all blessings and gifts are graciously given to us by His hand.

**A heart of gratitude leaves no room for complaining. For it is impossible to be truly thankful and filled with negativity and ungratefulness at the same time.

**It makes the enemy flee. The forces of darkness can't stand to be around hearts that give thanks and honor to God. Our praise and thanksgiving will make them flee.

**It opens the door for continued blessings. It invites His presence. God loves to give good gifts to His children. He delights in our thankfulness and pours out His Spirit and favor over those who give honor and gratitude to Him.

Maybe you are in a hard place right now. Maybe you feel like God has left you on your own, to fend for yourself, or the battle seems too hard. Maybe there's never enought money at the end of the month and you can't figure out how to make things work. No matter what, in it all, be assured that God is with you and He cares. Choose a heart of gratefulness today. Make a list of all that God has blessed and filled your life with. Trust He knows what concerns you and is at work even now, to bring you through this uncertain season. Thank Him for providing all that you need.

And remember, that giving thanks, being thankful is not only for the month of November, but should continue every day.









DHBC Protocol Reminder

If you have been in contact recently with someone who tests postive for Covid-19, please quarantine yourself for 14 days. Please let us know and we will see you upon your return!

Reminder.....

All calls made to Pastor need to go through the office.











committed to being available to assist you. If you have a general or specific need, please contact us through the church website or telephone.

www.deserthillsbaptist.com

Go to our WebSite to contact a staff member below -R. Scott Hocker, Pastor Roger D. Johnson, Assoc. Pastor, Student Ministries

Zach Hocker, Youth Director Marcell Furrow, Pastoral Assistant/Chief Financial Officer Judy Bowen, Pastoral Assistant/Chief Administrative Officer

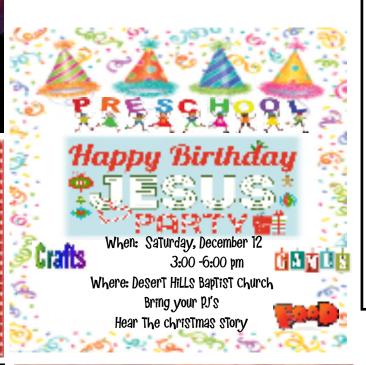
Dave Brown, Communications Director Gary Helton, Outreach & Electronic Ministry Bill Hughes, IT Ministry

Alasha Woods, Sunday School & Education Ministry Shannon Ackerman, Deacon/College & Career Minister Vivian Baker & Linda Howard, Sr. Adult Ministry Judy Bowen, Mixed Adult Ministry

Lana Paz, Worship Ministry/Children Ministry Princess Moormann, Preschool Ministry Barbara Harper, Ladies Outreach Ministry Nancy Jones, PALS (Widow's Ministry) Jack Anderson, Celebrate Recovery Bill & Lisa Whennen, Food Pantry Ministry Les Turner, Veterans Ministry

Kim Gillespie, Domestic Resource Liaison









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Sunday 11/29

8:30 am

* Choir / Music Practice

9:30 - 10:30 am

* Sunday School - ALL Ages

10:40 am

*Worship

*Children's Worship

* Nursery

After Worship

12:00 pm

*Drama Rehearsal

Wednesday 12/2

4:00 -6:00 pm

*Youth Study Hall Only

5:30 pm

* Prayer Warriors Meet

6:30 pm

*Praise & Worship Service

Thursday, 12/3

6:30 pm

*Drama Rehearsal

Friday, 12/4

1:00 - 2:30 pm

*Food Pantry

5:30 pm

*Celebrate Recovery

Saturday, 12/5

9:30 am

KKVV 1060 am

"The Unashamed"

5:00 pm

*Choir Rehearsal



Desert Hills Office Hours

Mon, Tues, Thurs 10:00am - 4:00 pm Wednesday 12:00 - 5:30 pm **Friday** 10:00 am - 3:00 pm

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Website

www.deserthillsbaptist.com Facebook Desert Hills Baptist Church LasVegas Instagram **DHBCLV**