



# MESSAGE NOTES

## Thanksgiving, Hope and Generosity

Psalm 103:1-2

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*Psalm 103:1-2 Bless the Lord, O my soul, and all that is within me, bless his holy name!  
Bless the Lord, O my soul, and forget not all his benefits.*

### 1. Healthy thanksgiving

*James 1:17 Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.*

Choosing to be thankful is one of the most healthy decisions you can make. It is proven to have many physical, mental, spiritual and emotional benefits. God is the source of everything that's good in this life and we can be thankful to Him for it all.

### 2. The power of hope

*1 Corinthians 2:9 "What no eye has seen, nor ear heard, nor the heart of man imagined, what God has prepared for those who love him."*

Hope changes how we live our lives. We can endure and accomplish many things when we have hope. When we remember to be thankful for all that God has done for us in the past, it reinforces our hope in all that He has planned for the future.

### 3. The joy of generosity

*2 Corinthians 9:11-12 You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God. This service that you perform is not only supplying the needs of the Lord's people but is also overflowing in many expressions of thanks to God.*

Thanks and giving go hand in hand. The more thankful we are the more generous we will be. It is more blessed to give than to receive. We experience more joy when we spend our time, money and energy on other people than on ourselves.