

## OUR VISION

- **BROADCASTING**  
Life Changing Teachings for TV and Internet.
- **PROMOTING**  
Ministries and Organizations that help First Nations
- **NETWORKING**  
with First Nations Communities
- **CONNECTING**  
with Partners and Viewers through publications, social media and prayer
- **PARTNER** with us!
  - Give monthly
  - Partner in prayer
  - Volunteer on site
  - Tell others about us

## BROADCAST SCHEDULE

GLOBAL Thunder Bay  
Sunday 9:30 am  
Thursday 10:00 am

CKPR Thunder Bay  
Saturday Morning

FAITH TV  
Sunday 2:00 pm  
Bell 591, Rogers 174,  
Shaw/MTS 11

Program Times are EST

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## THE ATTITUDE OF GRATITUDE

DECEMBER 2019



### ***"In everything give thanks." 1 Thessalonians 5:18***

Expressing gratitude and giving thanks seems to be a lost art in our society. For many of us, complaining is part of our daily lives. We regularly complain about the weather, the government, our jobs...the list goes on! A lack of gratitude in our lives can lead to an increase in depression. Scientific research tells us that gratitude is a powerful force that can change our mood, lift us out of depression and even improve our physical health. God knew this before the scientists did. Throughout the ages, God has encouraged His people to practice praise and thanksgiving. Israel had an entire book of praise songs for this purpose. (The Book of Psalms) Becoming a "praiser" will open up more of God's blessings in your life!

### **HAVE A THANKFUL HEART**

To give thanks means to be grateful or to express gratitude. The Bible also speaks much about praise, which means to boast about, to speak well of and to laud. God wants us to practice praise from a heart full of gratitude every day. Having God in your life is a great reason to be thankful! The Apostle Paul wrote to the Thessalonians saying, "In every situation [no matter what the circumstances] **be thankful and continually give thanks to God**; for this is the will of God for you in Christ Jesus." (1 Thessalonians 5:18 AMP) Notice, we are to be thankful "in" the circumstance, not necessary "for" the circumstance. Regardless of what we are facing, we can be thankful knowing that God is always with us to aid, protect and deliver us out of any bad situation. Maintaining an attitude of thankfulness and praise will keep you strong and keep God's power on the scene.

### **THANKFUL IN DIFFICULT TIMES**

When we're going through difficult times, it can be a challenge to stay thankful. Praising

God through a tough season can feel like a real sacrifice. Paul exhorted the Hebrews about this: "Therefore, let us offer through Jesus **a continual sacrifice of praise to God.**" (Hebrews 13:15 NLT) A sacrifice of praise happens when we don't feel like praising, but do it out of obedience to God's Word. The psalmist David tells us to praise at all times, not just when we feel good or when everything is going our way. **"I will praise the Lord at all times. I will constantly speak his praises." (Psalms 34:1)** When we praise through the hard times, we will experience joy and freedom. This is what happened to Paul and Silas in the Book of Acts. On one of their missionary journeys, they were unjustly accused, beaten and imprisoned. Instead of crying or complaining about their circumstances, Paul and Silas began praising God. "Around midnight Paul and Silas were praying and **singing hymns to God**, and the other prisoners were listening. Suddenly, there was a massive earthquake, and the prison was shaken to its foundations. All the doors immediately flew open, and the chains of every prisoner fell off!" (Acts 16:25-26 NLT) This is one of many examples of how the power of praise brought freedom and deliverance to God's people.

### **BENEFITS OF GRATITUDE**

Here are some important benefits you will gain from practicing gratitude:

1. Gratitude keeps us in God's will  
1 Thessalonians 5:18 says that it is God's will that we be thankful. Being thankful keeps us connected with God's plan for our lives. Complaining was devastating for the Israelites and cost them their opportunity to enter the promised land. (See Numbers 14:27-29)

2. Gratitude gives us peace  
Peace is the result of practicing joyfulness and approaching God with thanksgiving, as seen in Paul's letter to the Philippians. **"Rejoice in the Lord always...in every thing by prayer and supplication with thanksgiving** let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus." (Philippians 4:4-7 KJV)

3. Gratitude helps us grow  
When you endure through trials with a grateful attitude, your faith will grow stronger. As a result, you will be ready to face anything. "Dear brothers and sisters, when troubles of any kind come your way, consider it an **opportunity for great joy**. For you know that when your faith is tested, your endurance has a chance to grow." (James 1:2-3 NLT)

4. Gratitude looks good on us  
The Passion Translation of Psalm 147:1 says it well: "Hallelujah! Praise the Lord! How beautiful it is when we **sing our praises** to the beautiful God, for praise makes you lovely before him and brings him great delight!" Our attitude of gratitude causes us to become more attractive, both to God and also to the people around us.

Make a decision to become grateful everyday. Developing a lifestyle of praise will manifest the blessings in your life.



Miigwetch,  
Dr. Roma J. Fisher

## RECEIVE NEW LIFE

God so loved the world that He gave His only Son, so that everyone who believes in Him won't perish but have eternal life.  
John 3:17 CEB

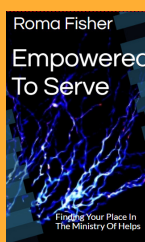
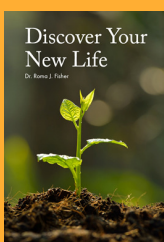
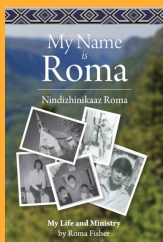
You can experience God's love and forgiveness today!

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- Open your heart and ask Him into your life

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### Visit Us!

We invite you to join Pastor Roma at Faith City Church.  
Service times: Sunday 10:30 am, Wednesday 7:00 pm

Faith City Church & Spirit Alive Studio Location  
360 Black Bay Road, Thunder Bay, P7A 1P5