



LET'S CHAT!

with Pastor D

SHARON SEVENTH-DAY ADVENTIST CHURCH

November 23, 2019



This week we look at ways to overcome depression.

1. **Get some sleep.** Adequate rest will replenish and revitalize the body.
2. **Take Action.** Any form of movement is better than none.
3. **Eat Well.** Having balanced meals enhances our mood and the ability to process information clearly.
4. **Clean Home.** A clean atmosphere helps to ease the mind.
5. **Look Professional.** Even if you don't have plans, it should not be a deterrent to looking good.
6. **Create Reasonable Goals.** Did you realize that most goals can be accomplished if the time and effort is given? In fact this creates a sense of accomplishment. I drove by a house each day for the last few weeks and saw piles of boxes and stacks of debris outside. It was as if they ran out of room inside, and started to store trash and papers outside the residence. Our children would comment on the huge pile of boxes and cars on the property. It was a shock when I saw a crowd of people around the building the next day taking furniture all marked free. I also saw a tractor being delivered to the site and it looked like they were preparing to demolish the house. The next day the place was cleared and land placed for sale. I learned that the owner had to be hospitalized from health complications and depression. The children demolished the home and were selling the property. I wondered if things would have been different if the owner was helped to set a goal to clean only one section of the house a week.

WHAT GOOD IS GRATITUDE?

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GRATEFUL PEOPLE WILL:
HAVE 10% FEWER STRESS
RELATED ILLNESSES
BE MORE PHYSICALLY FIT
HAVE BLOOD PRESSURE
THAT IS LOWER BY 12%

GRATEFUL TEENS ARE
LESS LIKELY 13% FEWER FIGHTS
TO START 20% MORE LIKELY
SMOKING TO GET A GRADES

OVERALL
POSITIVE
EMOTIONS CAN ADD
UP TO 7 YEARS
TO YOUR LIFE

GRATEFUL PEOPLE
ON AVERAGE GIVE 20%
MORE  & 

GRATITUDE IS RELATED TO AGE:
FOR EVERY 10 YEARS, GRATITUDE INCREASES
 BY 5%

HAPPY 7%
PEOPLE'S HIGHER
INCOME IS ROUGHLY

Sharon Church Office is **CLOSED** for Thanksgiving holiday starting Tuesday, Nov 26th at 2pm thru Tuesday, Dec 3rd. All bulletin information for Sabbath, Nov 30th is due on Monday, Nov 25th.

THE POWER OF THANKFULNESS

There was a reporter who wanted to interview Mr. Rudyard Kipling (author of The Jungle Book and Nobel prize for literature recipient). During the interview, the reporter said, "Sir, I've calculated that you are worth \$100 a published word." (that was a lot of money back then). He handed Mr. Kipling a \$100 bill and said, "Now I want you to give me one of your \$100 words." Mr. Kipling took the bill, folded it and put it in his pocket and he said, "Thanks."

I think that "thanks" is a \$100 word. In our economy, and in our culture it's probably more like \$1,000 or million dollar word. I think it would be fair to say that "thanks" is powerful.

Psalm 100 is very short, only five verses, and is the only Psalm in the Bible that is labeled as a song of thanksgiving, or a song of grateful praise. "Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before Him with joyful songs. Know that the Lord is God. It is He who made us, and we are His; we are His people, the sheep of His pasture. Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name. For the Lord is good and His love endures forever; His faithfulness continues through all generations."

Why is that important for us to look at this Psalm? Because the psalmist says that we are to enter into this place with thanksgiving and praise. Those two things cannot be separate, they actually go together. When you are thanking God, you are actually praising God, and when you're praising God, you are many times thanking God. He's saying before you start giving your thanks and your praise for all that God has done or all that God has given; begin with thanking God for Himself. Thank God for God. Give praise to God for God. Why? When you start with praising God for who God is, when you start with thanking God for who God is, then everything else flows very naturally from that. You begin to realize that gratitude in your heart to God for God, keeps you away from idolatry.

Idolatry is really just misplaced gratitude. Human beings have a tendency to thank themselves for whatever they accomplish - for whatever success or whatever victory or whatever experience, they thank themselves. Or, they thank their money, or they thank their power, or they thank other relationships with other people. Whatever it is that you keep giving constant and ultimate thanks, soon gets your constant and ultimate worship. This is why gratitude rightly placed - thanking God for being God - keeps you away from idolatry. Because then you have your thanks in the right place and you don't have a tendency to put other things in place of God. Where your thanks

keeps going is where you end up worshipping.

The power of thanks is demonstrated throughout the Bible, particularly as it relates to keeping you from idolatry. There's at least eighteen different places in the Scripture where Paul was talking about the idea of idolatry. And for every one time he wrote about idolatry, he wrote two times about gratitude and thankfulness. In Colossians chapter 3 it says: "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him."

Thanks is extraordinarily powerful when we understand it. And that I believe is what the psalmist was trying to get at, because thanks rightly placed keeps you from idolatry and trusting in the wrong sources. And it reorients your worship to the God of all things possible and what He is and it also helps you to know His character, like the psalmist said. That He is good. That He is love. That He is faithful. See, this is what thanks enables you to do.

Source: Gillis, Pastor Jerry. The Power of Thankfulness. November 27, 2016. www.thechapel.com

URGENT prayer

- Olive and Lee Family, bereavement (Gloria Olive passed away)
- Regina Pierre, encouragement and strength
- Dorian, Trenton and Drew Wade, health and recovery
- George Lake, bereavement (sister passed away) and health for George and his mother.
- Paulette Weber, recovery

Church Board Actions of Note:

Voted to have Ben and Adaire Brown as Adventurer Club Leaders. Registration begins January, 2020.

Prayer in Action (PIA) 2020 (formerly "prayer meeting"), will have a new format worshipping at various locations in Portland and Vancouver on some Wednesdays. Also prayer walks and a booth during Last Thursday's on Alberta, will be scheduled.