



Korea Vietnam





Iraq



Afghanistan



Kosovo



Egypt



VETERANS DAY

HONORING ALL WHO SERVED

November 11th 2014

May 11th 2014







Thank God For

M  M

TGFM



Psalm 139:13

**For you created my inmost being;
you knit me together
in my mother's womb.**





Isaiah 66:13

**As a mother comforts her child,
so will I comfort you; and you will
be comforted over Jerusalem."**





Mother's Day





Birthday



Mothers Day



Happy



Mother's Day



Christmas and Easter Christians






Romans 4:16

(NKJV)

Therefore *it is* of faith that *it might be* according to grace, so that the promise might be sure to all the seed, not only to those who are of the law, but also to those who are of the faith of Abraham, who is the father of us all.




WHAT
DOES
GOD
WANT
FROM
ME



1 Samuel 15:22 (HCSB)

Then Samuel said: Does the LORD take pleasure in burnt offerings and sacrifices as much as in obeying the LORD? Look: **to obey** is better than sacrifice, **to pay attention** [is better] than the fat of rams.





Proverbs 21:3 (HCSB)

Doing what is righteous and just is more acceptable to the LORD than sacrifice.

Hosea 6:6 (NASB77) For I delight in loyalty rather than sacrifice, And in the knowledge of God rather than burnt offerings.



It is not happy people who are thankful,
It is thankful people who are happy.



Beware the Boredom of a busy Life

★ 01

Reach More Goals

Participants who kept gratitude lists were more likely to have made progress toward important personal goals (academic, interpersonal and health-based)* than those who did not.

♥ 02

Improved Health

The study also showed physical changes: the authors reported those keeping gratitude journals exercised more regularly and reported fewer physical symptoms.

👍 03

Better Sleep = More Energy

The study included a group of adults with neuromuscular disease who underwent a "gratitude intervention" for 3 weeks. Afterward, participants reported improvements in both how much and how well they slept.

Benefits of Gratitude

Gratitude is not only the greatest of virtues, but the parent of all the others.

Marcus Tullius Cicero

👍 06

Increase our Likability

Gratitude generates social capital -- in two studies with 243 total participants, those who were 10% more grateful than average had 17.5% more social capital.

05

Support Others

Participants in the daily gratitude condition were more likely to report having helped someone with a personal problem or having offered emotional support to another, relative to the hassles or social comparison condition.

04

Stronger Love Life

According to the authors, feelings of indebtedness showed engagement and commitment externally, but "gratitude had uniquely predictive power in relationship promotion, perhaps acting as a booster shot for the relationship."

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Psalm 118:24

**This is the day the Lord has made,
let us rejoice and be glad in it.**





1 Thessalonians 5:18

**Give thanks in all circumstances;
for this is the will of God in Christ
Jesus for you.**





Ephesians 5:20

**Giving thanks always and for
everything to God the Father in
the name of our Lord Jesus Christ**





Isaiah 26:3

**You will keep *him* in perfect peace,
Whose mind is stayed on You,
Because he trusts in You.**



**Triumph over loss
by expressing**

**Thankfulness for
what you have!**

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Philippians 4:8 (NKJV)

⁸ Finally, brethren, whatever things are **true**, whatever things *are noble*, whatever things *are just*, whatever things *are pure*, whatever things *are lovely*, whatever things *are of good report*, if *there is* any virtue and if *there is* anything praiseworthy-- meditate on these things.



THANK GOD FOR MOM

World's Sweetest Mom!

*Happy Mother's Day from
First Baptist Church of Lakewood*

T.G.F.M.