

Women of Faith Special Resources: Thanksgiving 2021



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Introduction

Thanksgiving draws us to gratitude, a gratitude that can “log into” our past life or our current life. As we age, we are called to let go of memories we no longer need, especially those that we have grown beyond. It is a superb time to rekindle the graced experiences that called us to deepen our experience of God and cherish the relationships that called us to new life.

A Few Quotes from Literature on Thanksgiving

Let these quotes reach into your heart and soul.

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." ~ Oprah Winfrey

"If the only prayer you ever say in your entire life is thank you, it will be enough." ~ Meister Eckhart

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend." ~ Melody Beattie

Our Virtue for the Season of Thanksgiving: Gratitude

Being thankful and expressing gratitude can affect mood and mood-boosting benefits often snowball. One of the biggest benefits of regularly showing gratitude is the effect it has on our relationships. Daily or weekly expressions of gratitude cause us to think about the people and relationships in our lives. The positive emotions and feelings that come from expressing our gratitude can subsequently strengthen those relationships.

Scriptures on Thanksgiving

Now, reflect on Scripture quotes. Contemporary English Version:

Psalms 28:7 ~ The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him.

Psalms 69:30 ~ I will praise the name of God with a song; I will magnify him with thanksgiving.

Philippians 4:6 ~ Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." (Philippians 4:6)

Thanksgiving in our Daily Lives

We seek to live thanksgiving in our daily lives:

- When we take away the cooking, hosting, and decorations, all that's left is family ... unplugged, with nowhere to be, sitting around the table, and enjoying one another's company.
- It doesn't matter how nice our home is or how much food is on the table; what matters is the love and togetherness that is shared with our family.
- Tell someone just how much she or he means to you. One day he or she will no longer be around.
- Being thankful sparks joy in those around us, as well as in ourselves.
- Thankfulness is when a memory is kept not only in the mind but also in the heart.
- Gratitude is a powerful emotion that can change how we see daily life.

Spiritual Reading

The following articles can nurture an experience of thanksgiving:

Debbie Przybylski writes in *Intercessors Arise* – [“Thanksgiving: The Power of a Thankful Heart.”](#) November 11, 2020.

Catherine Mendenhall-Baugh – [“This Thanksgiving Be Thankful for Our Gift of Life”](#) . November 10, 2021.

[8 Tips For Raising Grateful And Thankful Kids During The Holidays](#)

Go online and type in *Books on Thanksgiving* in the search box. You will find several options.

Music that Nurtures the Experience of Thanksgiving

[Thanksgiving and Thanksgiving Song: Best Thanksgiving Music Collection for Thanksgiving Dinner](#)

[Thanksgiving Music Playlist 🍁 Best Thanksgiving Songs for Thanksgiving Dinner](#)

[Thanksgiving Songs for Children](#)

Art for Thanksgiving



Reflect on this image. Pay special attention to what arises spontaneously in your heart.



<https://teamsoftomorrow.com/an-attitude-of-gratitude/>

You are invited to letter your very own “Thankful poster.” Or, find another one online that speaks to you in a special way.

And, for what else do you give thanks to God as you celebrate American Thanksgiving Day 2021?

Thanksgiving Websites to Explore

[Best 25 Thanksgiving Websites for a Successful Holiday Gathering](#)

[Thanksgiving Websites](#)



<https://i.pinimg.com/originals/98/ec/92/98ec92baf953397bb5590e84ec49fa52.jpg>

Yes. A very blessed Thanksgiving Day from Women of Faith SSA to each of you and all of you!

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