

## Giving Thanks to Him Bible Study

**Objective:** When we reflect on all of the grace, opportunities, blessings and even guidance through strife, it's hard not to give thanks to God. Thanksgiving is a time to reflect on gratitude as an everyday discipline of reading and research through faith. Thankfulness is not a seasonal emotion. It's a time to recognize God's provision through all environments, even strained ones. This holiday season, let's take time to study how He's empowered community systems to surge during Thanksgiving and pray for affordability year-round.

### Key Components

#### Science (S): Thankfulness Triumphs Stressful Environments

##### Objective:

- Understand how environments (natural and emotional) affect wellbeing, and how gratitude shifts the internal climate.

##### Scripture Focus: Philippians 4:6–7 (NIV)

*"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your minds and your hearts in Christ Jesus."*

**Reflection:** What environment felt the most stressful this year, either natural or emotional? What was your internal response, and how did giving thanks to God shift what stress was trying to occupy?

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| <p><b>Technology (T): Seeing Provision, Responding with Thanks</b></p> <p><b>Objective:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Recognize how our minds and environments are shaped by what we see and hear, and choose thankfulness to God as our response, even when the world feels loud, overwhelming, or difficult to process.</li> </ul>                                  | <p><b>Scripture Focus:</b> 1 Thessalonians 5:18 (NIV)</p> <p><i>"Give thanks in all circumstances; for this is God's will for you in Christ Jesus."</i></p> <p><b>Reflection:</b> What environments felt hard to give thanks in this year? How does thanking God in all circumstances change what settles in your mind? Where can gratitude replace the impulse to dwell on what was stressful?</p>  |
| <p><b>Engineering (E): Designing a Life That Defaults to Thanks</b></p> <p><b>Objective:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Understand that resilience, renewal, and rebuilding of environments begin internally first. Explore how thankfulness becomes the foundation that sustains our mental and emotional structures when external systems strain or slow.</li> </ul> | <p><b>Scripture Focus:</b> Ephesians 5:20 (NIV)</p> <p><i>"Giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ."</i></p> <p><b>Reflection:</b> What does "giving thanks always and for everything" look like in practice? Where did external strain test your ability to give thanks? How can thanks become the invisible architecture that carries you forward?</p>  |
| <p><b>Arts (A): The Language of Thanks When Words Feel Small</b></p> <p><b>Objective:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Express thankfulness in ways beyond transactional or simple speech, through written testimony, spoken truth, or creative devotion that acknowledges God as the unseen strength behind restored environments.</li> </ul>                           | <p><b>Scripture Focus:</b> Colossians 2:6–7 (NIV)</p> <p><i>"Just as you received Christ Jesus as Lord, continue to live your lives in Him, rooted and built up in Him, strengthened in the faith as you were taught, and overflowing with thankfulness."</i></p> <p><b>Reflection:</b> What part of God's provision leaves you overflowing with thanks? What is a moment this year when thanks overflowed even when things felt dry? How can your testimony</p> |

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|  | of thanks teach others about His sustaining provision?   |
| <p><b>Math (M): Counting What He Carried for You</b></p> <p><b>Objective:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> View thankfulness as the constant that balances life's variables. Recognize that some weight, provision, and breakthroughs are gifts we could never "calculate our way into" but we can always count our reasons to thank God.</li> </ul>  | <p><b>Scripture Focus:</b> 2 Corinthians 9:15 (NIV)</p> <p><i>"Thanks be to God for His indescribable gift!"</i></p> <p><b>Reflection:</b> What provision did God give you that felt impossible on paper? What blessings could you not solve, but only thank Him for? How many reasons can you list to thank God for sustaining you this year?</p>   |
| <p><b>Social Studies (SS): A Community Multiplied by Thanks</b></p> <p><b>Objective:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Understand how communities move differently when gratitude is present. Explore how unity grows when the shared language isn't panic, blame, or despair, but thankfulness to God, which multiplies compassion, perspective, and belonging in shared spaces.</li> </ul> | <p><b>Scripture Focus:</b> Psalm 100:4 (NIV)</p> <p><i>"Enter His gates with thanksgiving and His courts with praise; give thanks to Him and bless His name."</i></p> <p><b>Reflection:</b> When was giving thanks hardest this year, and how did you choose to enter into it anyway? What environment around you felt heavy, but shifted when you thanked God in the middle of it? How can thankfulness become your everyday community language, so unity and care don't rely on seasonal goodwill, but God's constant provision?</p> |

## Key Takeaways

This Bible study reminds us that thanksgiving is more than a tradition, it is a pivotal moment in history when people chose to share a meal in the midst of change, uncertainty, and shifting environments. Scripture shows us that gratitude is not the result of ease, but a posture we enter first, recognizing God's provision before anything else settles in the mind. Throughout history, thankfulness has marked points where generosity and shared tables reshaped what came next, proving that hope for collective prosperity belongs to both the giver and the receiver when thanks is offered to God as the source. We are invited into a life that moves forward overflowing with thanks, not because change disappears, but because thankfulness sustains unity, renews environments, and strengthens systems or people strained by transition.

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