DATE 11/26/20 ISSUE NUMBER # 6

A VIEW FROM THE MOUNT

SPECIAL EDITION

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Oh, Give Thanks!

Contributed by: Sharon Bailey

As we enter the holiday Thanksgiving, we are reminded that we ought to be thankful and grateful for everything but most important, we must be thankful and grateful to God for everything He has done for us; for the many blessings He has bestowed upon us and the way He has kept us despite everything going on around us. We don't need a special day to thank God; we should thank Him every day, every hour and every minute of the day. This edition of our newsletter, in keeping with the season, will focus on thankfulness and gratefulness and being thankful in-spite of our circumstances. When we wake up in the morning, the first words out of our mouths should be "thank you Lord for waking me up to see another day, in my right mind with the activity of my limbs." When we leave our homes, places of business or even to run errands, and we are able to return home safely, we should say, "thank you Lord for allowing me to arrive to my destination and back safely." Anything can happen while we are out and about, running to and fro, and it is right to give thanks to God for His traveling mercies. In all things, give thanks!

The Bible is filled with numerous scriptures that speak about being thankful or giving thanks. You would be amazed how often the words "thank", "thanks" and "thankful" are used in the Bible. In the King James version of the Bible, the word "thank" is found 26 times in 27 verses. The word "thanks" is used 73 times in 71 verses. The word "thanksgiving" is used 28 times in 27 verses and the word "thankful" is used three times in three verses. The meaning of "Thanksgiving" is multifaceted. In the Old Testament, thanksgiving is closely tied to praise; meaning, people would praise God for who He is or thank Him for delivering them from a bad situation like what is found in Psalm 107:21-22.

There are so many scriptures that embody these sentiments. Some of the most beautiful words of thanksgiving can be found in the book of Psalm. Here are just a few:

"O come, let us sing unto the Lord: let us make a joyful noise to the rock of our salvation. Let us come before his presence with thanksgiving and make a joyful noise unto him with psalms. For the Lord is a great God, and a great King above all gods." ***- Psalm 95: 1-3***

*"O give thanks unto the LORD; for He is good: for His mercy endureth forever."-**Psalm 107:1***

"I will give thanks to you, LORD, with all my heart; I will tell of all your wonderful deeds." ***Psalm 9:1***
"I will give to the Lord the thanks due to his righteousness, and I will sing praise to the name of the Lord, the Most High." ***Psalm 7:17 (ESV)***

Philippians 4:6 reminds us, "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." **1 Thess. 5:18** says, "In everything give thanks: for this is the will of God in Christ Jesus concerning you." It reminds us that no matter what our circumstance looks like, we should always thank God.

We thank God for sending His son to die for our sins on Calvary's cross. What a marvelous gift! For this and many other blessings, we ought to be thankful and grateful to our God, praising Him for His goodness towards us. We hope you enjoy this issue as we thank God for His blessings.

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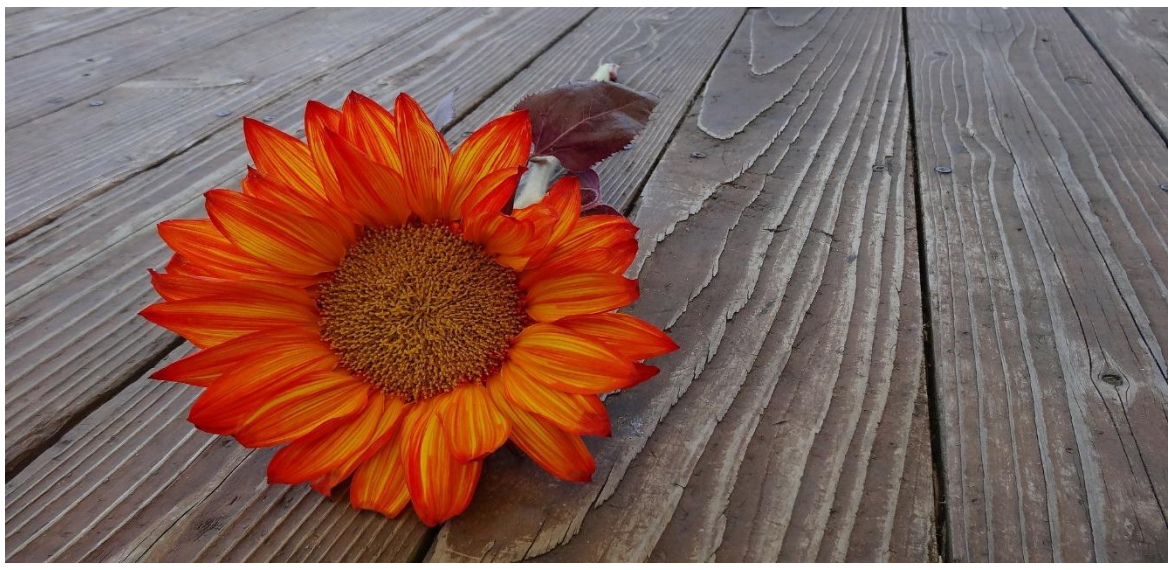

HAPPY CORNER

CASSANDRA THOMAS

8 Ways to Practice Gratitude

1. **Maintain a Gratitude Journal:** Reflect on the positive aspects of your life by journaling what you are grateful for. Document the significant and smallest blessings for which you are thankful.

2. **Practice Self-Reflection and Introspection:** Set aside time each day to reflect on the positive things that transpired throughout the day. If a stressful situation occurred, refocus the stress by reviewing the lessons that can be learned from the situation.

3. **Minimize/Eliminate Complaining:** Challenge yourself to minimize or diminish complaining throughout the day. Instead, think a positive thought whenever a negative thought occurs in your mind.

4. **Practice Positive Reframing:** Identify at least one positive thing you can appreciate or learn from as each day unfolds. Reflect on the things you are grateful to have in your life. By looking for the positive in the most challenging situations, acknowledge the smallest sources of joy for which you are thankful.

5. **Surround Yourself with Positive People:** During moments of difficulty, talk with a friend or family member who will provide positivity and words of encouragement.

6. **Walk in Nature:** Taking a walk in nature is a great way to clear the mind and regain mental balance.

7. **Perform an Act of Service:** Give of yourself and your time to others by performing simple acts of kindness such as calling to check on loved ones or cooking a meal for someone.

8. **Acknowledge God:** By acknowledging God and reflecting on the blessings He has bestowed upon you, strength is cultivated. In reflecting on the experiences that God has brought you through, God aids in your resilience, perseverance and ability to overcome the most difficult obstacles.

Wellness Corner

CASSANDRA THOMAS

"Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you." – 1 Thessalonians 5:16-18 (NKJV)

Cultivating gratitude during times of crisis can be difficult. Due to the challenges caused by the Covid-19 pandemic, even individuals with the most optimistic perspectives may be experiencing challenges in staying positive during these times of uncertainty. However, acquiring an attitude of gratitude is crucial not only for our mental well-being but for our physical and emotional health as well.

Gratitude allows us to recognize the positive aspects of our lives. By focusing on and appreciating the blessings that we have, we are able become more optimistic and experience greater satisfaction with our lives. As a result, gratitude gives us a more confident disposition and motivates us to pursue a positive lifestyle. Physically, we benefit from gratitude as it reduces our blood pressure, improves our sleep, and increases the prevalence of physical activity. Mentally and emotionally, gratitude reduces symptoms of depression, eliminates toxic thoughts, boosts self-esteem, and promotes resiliency. In developing gratitude, we are able to remain calm and constructive during the most challenging circumstances, navigating through difficulties by finding a path towards mental, emotional and spiritual stability.

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Gratitude

CORNELIA SYLVESTER- JOHN

The Christians in Corinth were far from perfect, but Paul began his first letter to them by saying, “I always **thank** God for you.” (1 Cor. 1:4) Gratitude glorifies God. Our gratitude glorifies Him as we exalt His name and the gifts, He bestows on us. Gratitude helps us realize all we have comes from Him.

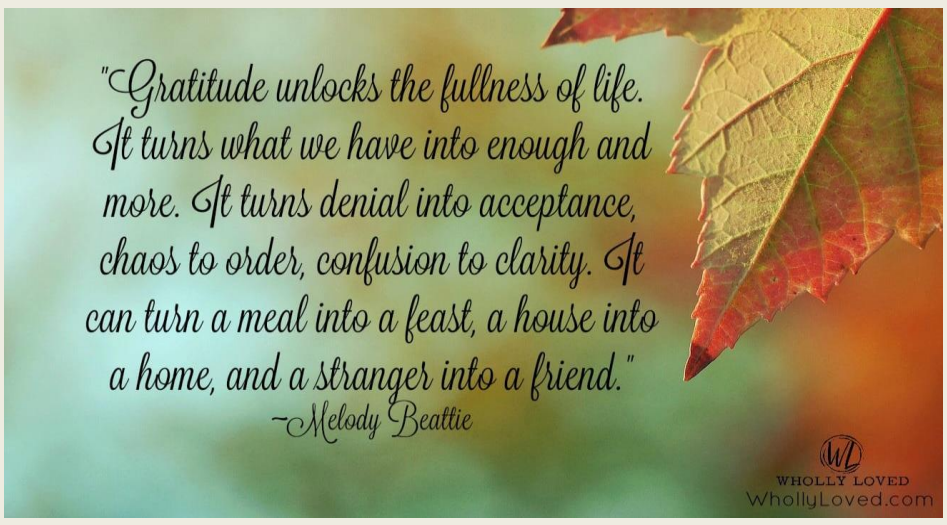
Gratitude brings peace. Count your blessings, not sheep. Get rid of the worry that’s keeping you up at night. Gratitude helps us see that God’s hand is all over our circumstances, so when we give Him our thanks, He gives us peace. Do you let others know that you appreciate them, and are thankful for them? Is it so easy to take people for granted? Is it easy to complain, and become angry because others do not meet our every wish? We need to give thanks for those around us – our spouses, our children, our relatives, our friends and others who help us in some way.

The spirit of thanksgiving is all about showing gratitude for our bountiful blessings and giving to those who are less fortunate. How can we express our thanks during covid-19? We can donate to our favorite charity; small donations are accepted. We can send a care package. This can be a great pick-me-up for our friends, family and co-workers. We can provide thanksgiving dinner for a family in need, make this a dinner that a hungry family will remember. We can serve food at a homeless shelter. Many spirits will be brightened including our own.

One of the best things about thankfulness is that the more you choose it, the easier it gets. The more you profess gratitude, the more you notice things to be grateful for. Be encouraged with scripture on why we should give thanks and how to express our gratitude. It's so easy during the holiday season (or any time of the year!) to be overwhelmed with all the tasks and activities to do, that we forget to stop and reflect on why we should be celebrating. Take a minute to stop and read this bible verse as you meditate on all the ways God has blessed you.

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.
in all things give thanks!

Psalm 100:4-5



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Cherub Corner

Thankful for Who God Is Secret Code

Each number stands for a letter of the alphabet. Write the correct letter in the blank to find the coded words and phrase.

Jeremiah 32:17

Code key

A 1	J 10	S 19
B 2	K 11	T 20
C 3	L 12	U 21
D 4	M 13	V 22
E 5	N 14	W 23
F 6	O 15	X 24
G 7	P 16	Y 25
H 8	Q 17	Z 26
I 9	R 18	

7 15 4 9 19

3 18 5 1 20 15 18

1 14 4 ,

20 8 5 18 5 6 15 18 5 ,

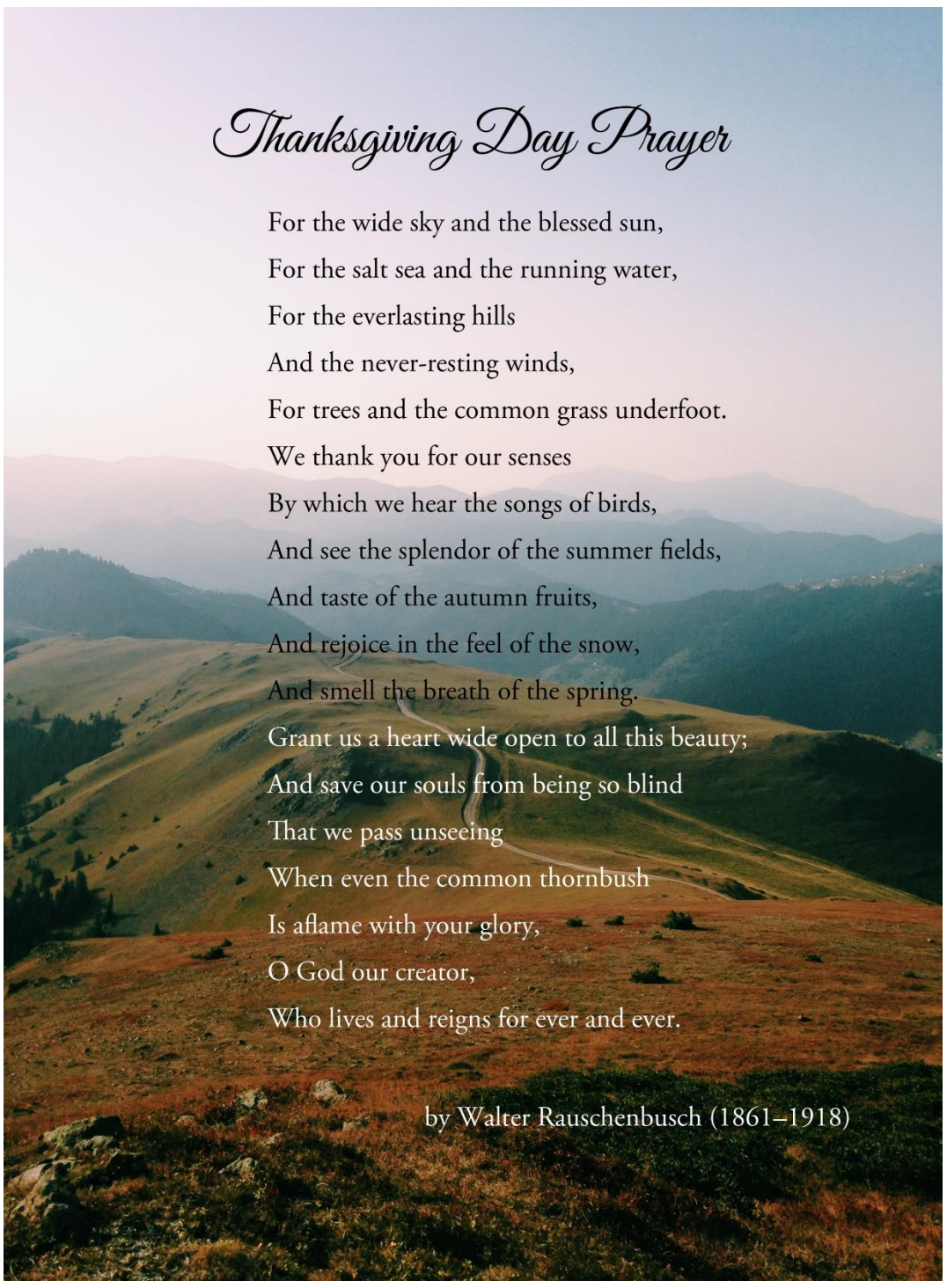
16 15 23 5 18 6 21 12 .

You can be thankful because of God's

16 5 18 19 15 14

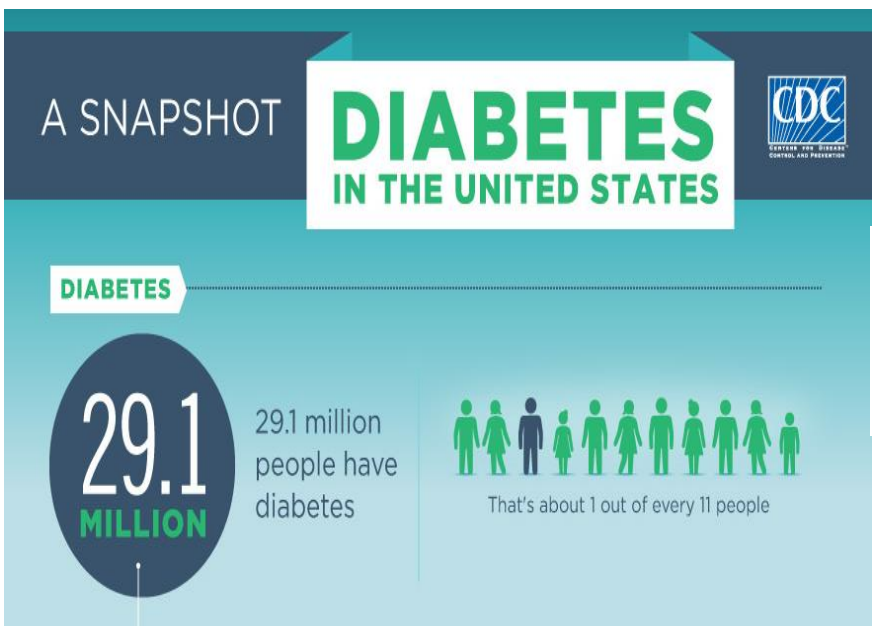
Answers will be provided in next month's issue.

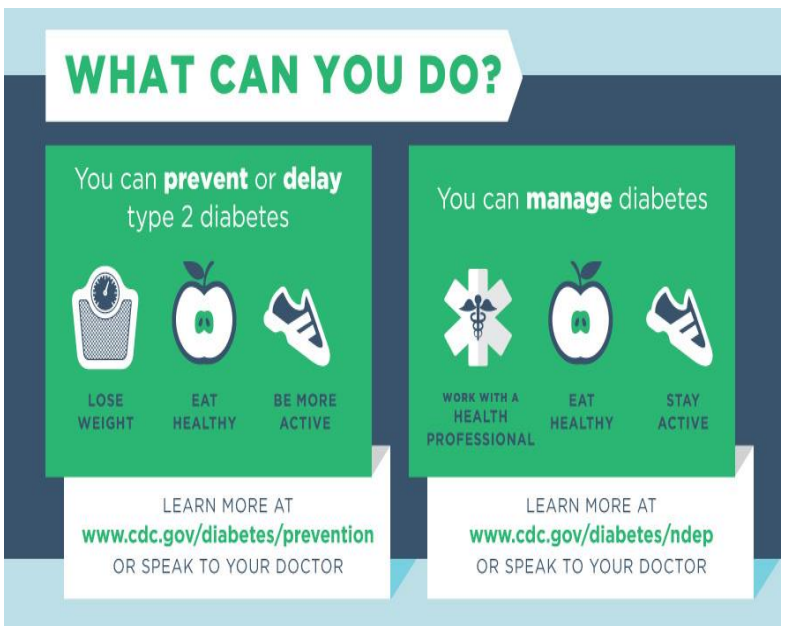
A Prayer of Thanks



Health and Temperance

November is National Diabetes Awareness Month: Know Your Numbers





For full infographic visit: https://www.decaturcountyhospital.org/national-diabetes-awareness-month/

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PASTOR'S CORNER

DR. SEDNAK YANKSON

TIME TO SAY THANKS!

It is with profound sense of gratitude that I thank the Mount of Olives church for showing us your appreciation for our ministry in your midst. We appreciate your sentiments of love, the beautiful program, the Newsletter tribute, the musical tribute, your well wishes, your prayers and your blessings in kind. I also thank the leadership of the Church, from the First Elder to the Board Members for coordinating every facet of the Pastor's Appreciation programs.

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Jesus said wherever you go preaching the gospel, if they receive you, leave your Peace, Shalom or Blessing there. "And as ye go, preach, saying, the kingdom of heaven is at hand. Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give. Provide neither gold, nor silver, nor brass in your purses, nor scrip for your journey, neither two coats, neither shoes, nor yet staves: for the workman is worthy of his meat. And into whatsoever city or town ye shall enter, enquire who in it is worthy; and there abide till ye go thence. And when ye come into a house, salute it. And if the house be worthy, let your peace come upon it: but if it be not worthy, let your peace return to you. And whosoever shall not receive you, nor hear your words, when ye depart out of that house or city, shake off the dust of your feet (Matthew 10:7-14).

And since I don't have any blessing of my own, I claim the blessings of Jesus upon all who blessed us on Pastor's Appreciation Month. "Verily, verily, I say unto you, He that receiveth whomsoever I send receiveth me; and he that receiveth me receiveth him that sent me (John 13:20).

Again, thank you in the name of Jesus! Have a Happy Thanksgiving but above all glory and gratitude be unto our Lord and Savior Jesus Christ!

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CLERK'S CORNER

Contributed by: Michelle Smith

A John 3:16 Love Story
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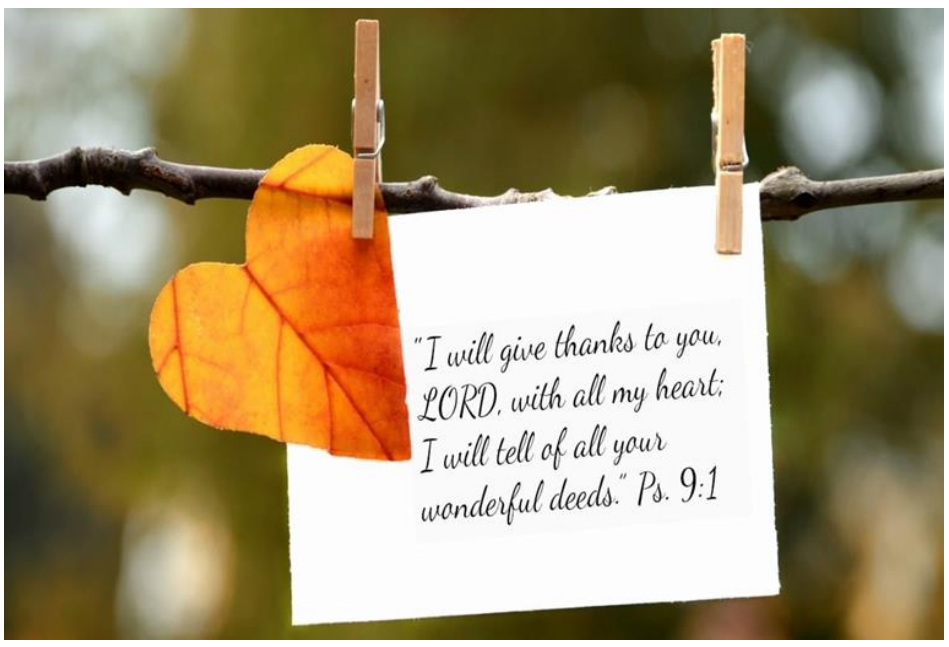
In the city of Chicago, one cold, dark night, a blizzard was setting in. A young boy was selling newspapers on the corner; watching as people went in and out of the cold. He was so cold that he wasn't trying very hard to sell his papers. Hesitantly, he walked up to a policeman and said, "Mister, you wouldn't happen to know where a poor boy could find a warm place to sleep tonight would you? You see, I sleep in a box up around the corner there and down the alley and it's awful cold in there tonight. Sure would be nice to have a warm place to stay." The policeman sympathetically looked down at the young lad and said, "You go down the street to that big white house and you knock on the door. When they come to the door you just say, "John 3:16," and they will let you in." So, He did. He walked up the steps and knocked on the door, and a lady answered. He looked up at her and said, "John 3:16." The lady said, "Come on in, son." She took him in and she sat him down in a split bottom rocker in front of a great big old fireplace, and she went off. The boy sat there for a while and thought to himself: John 3:16 ... I don't understand it, but it sure makes a cold boy warm. Later she came back and asked him, "Are you hungry?" He shyly said, "Well, just a little. I haven't eaten in a couple of days, and I guess I could stand a little bit of food." The lady took him in the kitchen and sat him down to a table full of wonderful food. He ate and ate until he couldn't eat any more. Then he thought to himself: John 3:16 ... I don't understand it, but it sure makes a hungry boy full! Soon the kind lady led him upstairs to a bathtub filled with warm water, and he sat there and soaked for a while. As he soaked, he thought to himself: John 3:16 … I don't understand it, but it sure makes a dirty boy clean! Why, I've not had a bath, a real bath, in my whole life. The only bath I have ever had was when I stood in front of the big old fire hydrant as they flushed it out. After his bath, the lady took him to a cozy little room, tucked him into a big old feather bed, pulled warm covers up around his neck, kissed him goodnight and turned out the light. As he lay there all snug in the warm bed, he looked out the window at the cold and snowy night and thought to himself: John 3:16 ... I sure don't understand it, but it gave a tired boy a warm place to sleep. The next morning the lady invited the young boy to sit down once again to a table that was filled with lots of good food. After he ate, she took him back to the rocker in front of the fireplace and picked up a big old Bible. As she sat down in a chair beside him, she looked into his young face and asked gently, "Do you understand about John 3:16?" He replied, "No, Ma'am, I don't. The first time I ever heard it was last night when the nice policeman told me to use it." She opened the Bible she was holding to John 3:16 and began to read what it said and then explained to the young boy that John 3:16 was the greatest love story ever told. And she told him that God wanted him to know that He loved and cared about him very much. Right there, in front of that big old fireplace, the young boy embraced God's love for him and surrendered his young life to Him. He said to the lady, "I'm not sure I understand all about God's love, but it sure makes a lonely orphan boy feel like he will always belong to someone." "For God so loved the world (you and me), that He gave His only begotten Son, that whoever believes in Him should not perish, but have everlasting life." John 3:16 "Love one another; as I have loved you." John 13:34