

Pastor George ministered this past Sunday, "Cultivate a Lifestyle of Thanksgiving."

Every hour of every day is a good time to give thanks to the Lord

Philippians 4:6-7; (NKJV)

*"Be careful for nothing; but in every thing by prayer and supplication **with thanksgiving** let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."*

This is speaking about not carrying any care... but instead... g Garrison on your mind. Adding the element of thanksgiving adds the element of faith.

Thanksgiving = (Greek meaning) Expressions of gratitude and appreciation.

The Lord asked Keith Moore a question.

"The Lord spoke something to my heart. Part of my responsibility at Kenneth Hagin Ministries was to teach the Healing School. I started out by simply helping. As time went by, they turned it over to me.

The Lord taught me to get quiet and meditate on the Word before those sessions.

The result would be **a stronger anointing and greater utterance**. I would fast my breakfast and lunch on the day designated to the laying on of hands. I would get quiet before the Lord to prepare myself.

"Keith, would you like to know how to increase your capacity to receive from Me?" I didn't have to think about that for very long. I said, 'Yes, please, yes!'" The Lord said; **"Cultivate a lifestyle of thanksgiving."**

1. God's ability and His resources are not limited.
2. We don't receive according to His ability or resources.

3. **We receive according to our faith and the condition of our heart.**

Cultivate = To develop a quality or skill.

It doesn't happen automatically. We must develop our "thank-er."

Lifestyle = The way we conduct our lives.

Our lifestyle depends on what we do. It is the way we live.

Thanksgiving = Expressions of gratitude and appreciation.

1. To others and especially to God.
2. For what God has done and is doing in our lives.
3. For what He will do in our future.

Pastor George said the house they currently have is a result of thanking the Lord. This was from each house and continued while living in the house for the next one – each house was larger in capacity than the former.

2 Timothy 3:1-4; (KJV)

In this passage, it says people will become unthankful.

Incontinent - loose morals

There are too many complainers in the body of Christ. It may be easy to gripe, but instead develop a lifestyle of thanksgiving.

Pastor paused his message and listed many of the various departments at KCM and said, "Thank You."

Having the correct people in the correct place, at the correct time, to help with the work of Holy Spirit.

Gripping opens the door of trouble. Thanksgiving opens the door to more of THE BLESSING.

When you appreciate people, you increase their value.

Keith Moore in one of his messages asked the question, "What is it that you leave in your wake?" He said it should be a sense of appreciation.

In the middle of situations, you need to stop and say; "Thank you Lord." This will change the atmosphere and also changes how you see Him in the situation.

We can only enjoy what we have the capacity to receive.

Expressions of Thanksgiving (Scriptures Paraphrased by Pastor George)

Ephesians 5:20; (PGT)

"I always give thanks for all things unto God and the Father in the name of my Lord Jesus Christ."

Colossians 2:7; (PGT)

"I am rooted and built up in Him and established in the faith as I have been taught, abounding therein with thanksgiving."

Colossians 3:17; (PGT)

"Whatsoever I do in word or deed, I do all in the name of the Lord Jesus, giving thanks to God and the Father by Him."

1 Thessalonians 5:18; (PGT)

"I give thanks IN every thing. For this is the will of God in Christ Jesus for me."

Hebrews 13:15; (PGT)

By Him therefore, I offer the sacrifice of praise to God continually, that is, the fruit of my lips giving thanks to His name."

From an article entitled,

[“5 Reasons Why Giving Thanks is Good for You.”](#)

“For too long, the concept of gratitude has been ignored. It is the forgotten factor in the science of well-being. To assess people’s levels of thankfulness, the author created a questionnaire that compared ‘grateful people’ to those who were less so. He also discovered ways to cultivate gratitude in test subjects, such as keeping a ‘gratitude journal.’”

1. **“Being thankful boosts your health.** Those who are grateful had less depression and stress, lower blood pressure, more energy and greater optimism.”
2. **“Being thankful slows down the aging clock.** In older adults, they found that a daily practice of gratitude even slowed down the effects of neuro degeneration.”
3. **“Being thankful puts the brakes on stress.** Cortisol is often called the ‘stress hormone.’ When our bodies produce too much, it can deplete the immune system and raise blood sugar levels. A study showed that positive emotions like appreciation significantly lowered levels of cortisol.”
4. **“Being thankful helps us bond with each other.** Research indicates that gratitude leads to better relationships. The explanation may be connected to increased production of oxytocin, sometimes called the ‘bonding hormone’ because it fosters calm and security in relationships.”
5. **“Being thankful is good for the heart.** According to research, people with high blood pressure who actively express thanksgiving can achieve up to 10 percent reduction in systolic blood pressure.”

Luke 17:11-19; (KJV)

And it came to pass, as he went to Jerusalem, that he passed through the midst of Samaria and Galilee.

¹² And as he entered into a certain village, there met him ten men that were lepers, which stood afar off:

13 And they lifted up their voices, and said, Jesus, Master, have mercy on us.

14 And when he saw them, he said unto them, Go shew yourselves unto the priests. And it came to pass, that, as they went, they were cleansed.

15 And one of them, when he saw that he was healed, turned back, and with a loud voice glorified God,

16 And fell down on his face at his feet, giving him thanks: and he was a Samaritan.

17 And Jesus answering said, Were there not ten cleansed? but where are the nine?

18 There are not found that returned to give glory to God, save this stranger.

*19 And he said unto him, Arise, go thy way: thy faith hath made thee **whole**.*

The Grateful Leper Experienced Total Restoration

- He stopped while walking away.
- He looked at himself and realized what had happened.
- He turned around.
- He expressed gratitude and appreciation.

Whole (Greek meaning) SOZO = Covers the entire spectrum of redemption including health.

- The missing parts were not just healed — they were completely restored.
- The pain of rejection disappeared.
- He returned to his family, friends, and community.
- His grateful heart opened the door for wholeness: spirit, soul, body, financially, socially — in EVERY way.
- He increased his capacity to receive total restoration from God by cultivating a lifestyle of thanksgiving.

Thanksgiving gives voice to our faith.