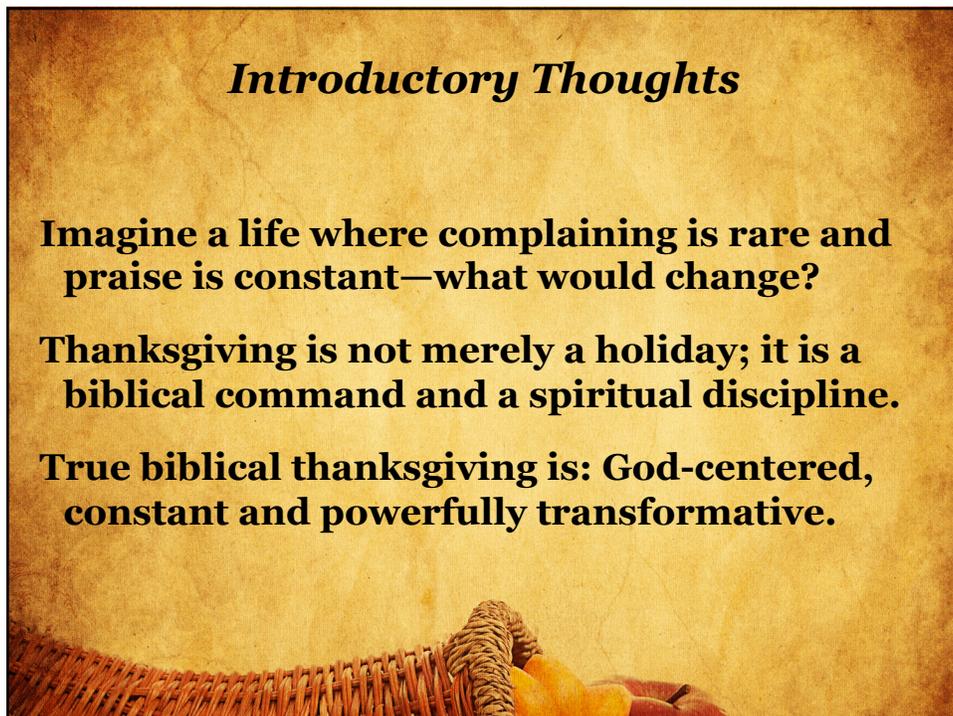




**An Overflowing Heart
Psalm 100
November 23, 2025 AM
South Jackson Church of Christ
Ray Pack
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1



Introductory Thoughts

Imagine a life where complaining is rare and praise is constant—what would change?

Thanksgiving is not merely a holiday; it is a biblical command and a spiritual discipline.

True biblical thanksgiving is: God-centered, constant and powerfully transformative.

2

The Object of Thanksgiving

Psalm 100:1–3.

Colossians 1:16–17.

James 1:17.

3

The Attitude of Thanksgiving

Psalm 100:4.

Philippians 4:4.

1 Thessalonians 5:16–18.

Gratitude is an act of faith that declares, “God is good even when life is hard.”

Acts 16.

4

The Reasons for Thanksgiving

Psalm 100:5 – Three eternal reasons:

***The LORD is good.
His steadfast love endures forever.
His faithfulness to all generations.***

**Even in suffering,
these three truths never change.**

Job 1:21

5

The Lifestyle of Thanksgiving

Colossians 3:15–17

Ephesians 5:20

6

The Lifestyle of Thanksgiving

**Practical ways to cultivate
continual thanksgiving.**

***Start and end the day naming 3 specific things
you're thankful for.***

Turn complaints into prayers of gratitude.

Keep a thanksgiving journal or jar.

Sing songs of thanks.

Thank people publicly and often.

7

Concluding Remarks

**A thankful heart is evidence of the
Holy Spirit working in us.**

Ingratitude is the root sin - Romans 1:21

Psalm 118:1

8