

## Developing an Attitude of Gratitude

by Nancy Kuhns, Minister of Community Life

Are you living your day to day life with an attitude of gratitude? Are you focused on the positive or the negative parts of your life? According to Google, "An attitude of gratitude means that you operate from a place of abundance instead of a place of scarcity and fear. Grateful people give thanks for everything in their life, even on the days when it feels like nothing is going right." How can you develop an "attitude of gratitude" mindset? Ashley Elizabeth wrote, "If you concentrate on what you have, you'll always have more. If you concentrate on what you don't have, you'll never have enough." So begin to focus on the blessings in your life and your outlook can change.

The latest issue of Guideposts magazine includes an article on gratitude makeover. Their suggestions of ways to feel more thankful included: say thank you as soon as you open your eyes in the morning, keep a gratitude journal, look for the positive in your situation, perform daily acts of kindness, say grace, and think on good things. I encourage you to add some of these practices to your life and see if you develop a more positive, grateful attitude. It may be hard at first, but focusing on the good and being thankful for it can change your total outlook on life. Max Lucado writes, "Gratitude gets us through the hard stuff. Gratitude always leaves us looking at God and away from dread. It does to anxiety what the morning sun does to valley mist. It burns it up."

The Bible has many scriptures on gratitude and giving thanks. Reading, memorizing, and reciting some of these is a good habit to help us keep our focus on the Giver of all our good gifts and can help give us an "attitude adjustment." Here are some scripture suggestions to get you started:

Be cheerful no matter what; pray all the time; thank God no matter what happens. ~1 Thessalonians 5:18

This is the day the Lord has made; let us rejoice and be glad in it. ~Psalm 118:24

Oh give thanks to the Lord, for he is good, his steadfast love endures forever. ~Psalm 107.1

Do no be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. ~Philippians 4:6-7

Our goal should be to be able to say as Paul did when he wrote to the Philippians. Philippians 4:11-13 says, "I have learned to be content whatever the circumstances. I know what it is to be in need and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength." Paul was writing from prison, but yet was able to say he was content!! This is the ultimate expression of living with an attitude of gratitude!! Paul's relationship with God was the secret to his contentment. I pray this November, a month when thanksgiving is the focus, marks the beginning of living our lives with an attitude of gratitude each and every day!

Minister of Discipling & Worship: Glen Rhodes

Minister of Community Life: Nancy Kuhns



Minister of Outreach: Emily Kauffman

Minister of Administration & Youth: Jeff Marner BAPTISM SUNDAY - OCTOBER 17, 2021



Skie Iames



Savahna Pearsall



Tony Pearsall



KENDALL SCHROCK



ASHLEY STONE



Harold Yoder



CHRIST THE KING NOVEMBER 21, 2021

Join us as we give thanks for all of God's blessings and faithfulness our church has received this past year!

SAVE THE DATES We look forward to another beautiful program this year!

## CHRISTMAS PROGRAM

DECEMBER 19, 2021

NOVEMBER BIRTHDAYS AND ANNIVERSARIES 3 - Watson Grimsley

4 - Luke & Katie Miller

5 - Larry Kauffman

6 - Kenny & Melissa Schrock

6 - Kimberly Kauffman

6 - Virgil Gingerich

7 - Faye Oye

9 - Janice Thomas

11 - Maria Yoder

13 - Jacque Lane

13 - Joe Gingerich

14 - Gary & Dorothy Kauffman

14 - Lynn Kauffman

15 - Robert Yoder

21 - Andy Plank

21 - Ed Gingerich

23 - Levi Schrock

24 - Justin Yoder

27 - Nadine Miller

29 - Delmar & Linda Schrock

29 - DuWayne Miller

FIRST FRUITS - Giving God Our Best

Stewardship

9.26.2021 - \$3,770 | 10.03.2021 - \$5,770

10.10.2021 - \$6,641 | 10.17.2021 - \$9,305

10.24.2021 - \$3,960

If you would like to give tithes & offerings during this time, please place it in the boxes at the back of the sanctuary or mail your envelope/check to the church at: 710 E Park, Arthur, IL 61911. Please include your envelope so your number can be recorded.

## AMC Personal Profile: Natalie Borntreger

- 1. What is your job and what does it consist of? I work at First Mid Bank & Trust in the Digital Solutions

  Department. I process incoming and outgoing wire transfers.
- 2. What is your favorite verse of the Bible? 1 Peter 4:8 "Above all, love each other deeply, because love covers over a multitude of sins."
- 3. Is there a time in your life when you have felt God's presence stronger than any other?

  During the time Uncle Ben was sick and when we found out his cancer went away.
- 4. What is the happiest memory of your life? Marrying my husband.
- 5. What do you consider to be your greatest achievement? Becoming a momma!
- 6. What is your favorite song or hymn that we sing at church? Goodness Of God
- 7. What was your very first job? I was a dishwasher at Pauly's BBQ.

