



Thanksgiving

Golden Text *Colossians 3:15 let*

**... let the peace of God rule in your hearts,
to the which also ye are called in one body;
and be ye thankful.**

Responsive Reading

Jeremiah 31:3, 7 (to :), 8, 12; Psalms 69:16, 30, 32, 34; 100:1, 4

³ The Lord hath appeared of old unto me, saying, Yea, I have loved thee with an everlasting love: therefore with lovingkindness have I drawn thee.

⁷ **For thus saith the Lord; Sing with gladness for Jacob, and shout among the chief of the nations:**

⁸ Behold, I will bring them from the north country, and gather them from the coasts of the earth, and with them the blind and the lame, the woman with child and her that travaileth with child together: a great company shall return thither.

¹² **Therefore they shall come and sing in the height of Zion, and shall flow together to the goodness of the Lord, for wheat, and for wine, and for oil, and for the young of the flock and of the herd: and their**

soul shall be as a watered garden; and they shall not sorrow any more at all.

¹⁶ Hear me, O Lord; for thy lovingkindness is good: turn unto me according to the multitude of thy tender mercies.

³⁰ **I will praise the name of God with a song, and will magnify him with thanksgiving.**

³² The humble shall see this, and be glad: and your heart shall live that seek God.

³⁴ **Let the heaven and earth praise him, the seas, and every thing that moveth therein.**

¹ Make a joyful noise unto the Lord, all ye lands.

⁴ **Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.**

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1 | Psalms 50:14

1 | 9:17–21 (to 2nd.)



14 Offer unto God thanksgiving; and pay thy vows unto the most High:

2 | Psalms 111:1–4 *I will*

1 I will praise the Lord with my whole heart, in the **assembly** of the upright, and in the congregation.
 2 The works of the Lord are great, sought out of all them that have pleasure therein. 3 His work is honourable and glorious: and his righteousness endureth for ever. 4 He hath made his wonderful works to be remembered: the Lord is gracious and full of compassion.

3 | Psalms 138:2, 4, 5

2 I will worship toward thy holy temple, and praise thy name for thy lovingkindness and for thy truth: for thou hast magnified thy word above all thy name.
 4 All the kings of the earth shall praise thee, O Lord, when they hear the words of thy mouth. 5 Yea, they shall sing in the ways of the Lord: for great is the glory of the Lord.

4 | Psalms 119:10 (to :), 14, 17, 18

10 With my whole heart have I sought thee:
 14 I have rejoiced in the way of thy **testimonies**, as much as in all riches.
 17 Deal bountifully with thy servant, that I may live, and keep thy word. 18 Open thou mine eyes, that I may behold wondrous things out of thy law.

5 | Luke 12:34 *where*



34 where your treasure is, there will your heart be also.

QUICKFACT

To “pay” (from the Hebrew word *shalam*) means to “recompense” or pay back what you owe someone, therefore bringing an end to the matter and “making peace.”



34 Wherever your treasure is, there the desires of your heart will also be.
 Luke 12:34—New Living Translation

Dost thou “love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind”?

18 This command includes much, even the surrender of all merely material sensation, affection, and worship. This is the **El Dorado** of Christianity.



Practical religion

2 | 15:25–30

Christians rejoice in secret beauty and bounty, hidden from the world, but known to God. Self-forgetfulness, purity, and affection are constant prayers. Practice not **profession**, understanding not belief, gain the ear and right hand of omnipotence and they assuredly call down infinite blessings.

Trustworthy beneficence

3 | 140:7–13

Not materially but spiritually we know Him as divine Mind, as Life, Truth, and Love. We shall obey and adore in proportion as we **apprehend** the divine nature and love Him understandingly, warring no more over the corporeality, but rejoicing in the **affluence** of our God. Religion will then be of the heart and not of the head.

God invisible to the senses

4 | 262:24

24 Starting from a higher standpoint, one rises spontaneously, even as light emits light without effort; for “where your treasure is, there will your heart be also.”



Jesus spoke these words in Matthew 22:37, referring to a passage in the Old Testament (Deuteronomy 6:5).



assembly: collection of friends or of judges consulting together
testimonies: laws; precepts
El Dorado: legendary place of sought-after treasure
profession: public statement or acknowledgment of one’s beliefs
apprehend: take hold of; understand; recognize
affluence: abundance; riches; wealth

Spiritual ideas are even more precious than jewels. What spiritual treasure are you grateful for?

6 | Psalms 95:1, 2

5 | 365:31

1 O come, let us sing unto the Lord: let us make a joyful noise to the rock of our salvation. 2 Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms.

The poor suffering heart needs its rightful **nutriment**, such as peace, patience in tribulation, and a priceless sense of the dear Father's loving-kindness.

7 | Isaiah 57:15

6 | 8:22-24

15 For thus saith the high and lofty One that inhabiteth eternity, whose name is Holy; I dwell in the high and holy place, with him also that is of a **contrite** and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite ones.

24 If we turn away from the poor, we are not ready to receive the reward of Him who blesses the poor.



7 | 518:15-21

15 The rich in spirit help the poor in one grand brotherhood, all having the same Principle, or Father; and blessed is that man who seeth his brother's need and supplieth it, seeking his own in another's good. Love giveth to the least spiritual idea
18 his brother's need and supplieth it, seeking his own in another's good. Love giveth to the least spiritual idea might, immortality, and goodness, which shine through
21 all as the blossom shines through the bud.

8 | 78:28

Spirit blesses man, but man cannot "tell whence it cometh." By it the sick are healed, the sorrowing are comforted, and the sinning are reformed. These are the effects of one universal God, the invisible good dwelling in eternal Science.

9 | 234:4

6 Whatever inspires with wisdom, Truth, or Love — be it song, sermon, or Science — blesses the human family with crumbs of comfort from Christ's table, feeding the hungry and giving living waters to the thirsty.

Crumbs of comfort



8 | Isaiah 58:6, 7 (to :), 8, 10, 11

6 Is not this the fast that I have chosen? to loose the **bands** of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? 7 Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him;

8 Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the Lord shall be thy reeward.



10 And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday:

11 And the Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.



IN BIBLE TIMES,

fasting was a way of showing humility, repentance, or mourning. The Hebrew word for "fast" relates to having your mouth closed—which can be helpful when you're trying to listen humbly to God! Knowing that the symbolic sense of fasting relates to humility, how can you "fast" today?



10 if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday.

Isaiah 58:10—New Revised Standard Version



Find out how Mary Baker Eddy defines "the poor" on p. 34:16 of *Science and Health with Key to the Scriptures*. Why is it important to be receptive as we look for ways to both share and receive God's goodness?



contrite: broken; cast down; thoroughly repentant
bands: bonds; fetters
nutriment: that which nourishes and promotes growth; food

QUESTION

What does it mean to be "rich in spirit"?



O come, let us sing unto the Lord: let us make a joyful noise to the rock of our salvation. —Psalms 95:1



9 | Jeremiah 32:15 *thus (to ;), 38 they, 41*

15 *thus saith the Lord of hosts, the God of Israel;*
38 *they shall be my people, and I will be their God:*
41 *Yea, I will rejoice over them to do them good,*
and I will plant them in this land assuredly with my
whole heart and with my whole soul.

10 | I Kings 8:57 (to 1st :), 61

57 The Lord our God be with us, as he was with
our fathers:
61 Let your heart therefore be perfect with the
Lord our God, to walk in his statutes, and to keep his
commandments, as at this day.

11 | Psalms 147:3, 5, 7

3 He healeth the broken in heart, and bindeth up
their wounds.
5 Great is our Lord, and of great power: his
understanding is infinite.
7 Sing unto the Lord with thanksgiving; sing praise
upon the harp unto our God:

12 | Luke 4:14, 15

14 And Jesus returned in the power of the Spirit into
Galilee: and there went out a fame of him through all
the region round about. 15 And he taught in their
synagogues, being glorified of all.

13 | John 8:12

12 Then spake Jesus again unto them, saying, I am
the light of the world: he that followeth me shall not
walk in darkness, but shall have the light of life.

14 | John 15:10, 11

10 If ye keep my commandments, ye shall abide in
my love; even as I have kept my Father's command-
ments, and abide in his love. 11 These things have
I spoken unto you, that my joy might remain in you,
and that your joy might be full.

15 | Luke 17:12–19

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.

QUICK
FACT

10 | 138:17–22

Jesus established in the Christian era the precedent for
all Christianity, **theology**, and healing. Christians are
under as direct orders now, as they were then, New era
in Jesus
to be Christlike, to possess the Christ-spirit, to
follow the Christ-example, and to heal the sick as well as
the sinning.

11 | x:22–27

The divine Principle of healing is proved in the
personal experience of any sincere seeker of Truth. Its
purpose is good, and its practice is safer and more po-
tent than that of any other sanitary method. The un-
biased Christian thought is soonest touched by Truth,
and convinced of it.

12 | 94:20

Ingratitude
and denial
Of the ten
21 lepers whom Jesus healed, but one returned to give God
thanks, — that is, to acknowledge the divine Principle
which had healed him.

13 | 3:22

Are we really grateful for the good
already received? Then we shall **avail** ourselves of the
blessings we have, and thus be fitted to receive more.
Gratitude is much more than a verbal expression of
thanks. Action expresses more gratitude than speech.

14 | 366:30–31

30 If we would open their prison doors for the sick, we
must first learn to bind up the broken-hearted.

15 | 4:3–9

3 What we most need is the prayer of **fervent** desire
for growth in grace, expressed in patience, meekness,
love, and good deeds. To keep the com- Efficacious
petitions
mandments of our Master and follow his
example, is our proper debt to him and the only
worthy evidence of our gratitude for all that he has
9 done.

16 | 181:29 (only)

“Where your treasure is, there will your heart be also.”

QUICKFACT

The Samaritans and the Jews had gone separate ways
hundreds of years before Jesus's time, and there was much
bitterness between them.



precedent: example or rule to be used
as a reference point
theology: study of God or religion
avail: make use of; benefit
fervent: earnest; intense; burning

16 | Isaiah 61:11 as

11 as the earth bringeth forth her bud, and as the garden causeth the things that are sown in it to spring forth; so the Lord God will cause righteousness and praise to spring forth before all the nations.

17 | Psalms 104:1, 13

1 Bless the Lord, O my soul. O Lord my God, thou art very great; thou art clothed with honour and majesty.
13 He watereth the hills from his chambers: the earth is satisfied with the fruit of thy works.

18 | Psalms 119:2

2 Blessed are they that keep his testimonies, and that seek him with the whole heart.

19 | Psalms 118:24, 29 (to :)

24 This is the day which the Lord hath made; we will rejoice and be glad in it.
29 O give thanks unto the Lord; for he is good:

20 | John 12:44

44 Jesus cried and said, He that believeth on me, believeth not on me, but on him that sent me.

21 | John 15:12, 14–16

12 This is my commandment, That ye love one another, as I have loved you.
14 Ye are my friends, if ye do whatsoever I command you. 15 Henceforth I call you not servants; for the servant knoweth not what his lord doeth: but I have called you friends; for all things that I have heard of my Father I have made known unto you. 16 Ye have not chosen me, but I have chosen you, and **ordained** you, that ye should go and bring forth fruit, and that your fruit should remain: that whatsoever ye shall ask of the Father in my name, he may give it to you.

22 | II Corinthians 9:8–11, 15

8 And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work: 9 (As it is written, He hath **dispersed** abroad; he hath given to the poor: his righteousness remaineth for ever. 10 Now he that **ministereth** seed to the sower both minister bread for your food, and multiply your seed sown, and increase the fruits of your righteousness;) 11 Being enriched in every thing to all bountifulness, which causeth through us thanksgiving to God.
15 Thanks be unto God for his unspeakable gift.



8 And God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work.

II Corinthians 9:8—New Revised Standard Version

17 | 270:31–5

The life of Christ Jesus was not miraculous, but it was **indigenous** to his spirituality, — the good soil wherein the seed of Truth springs up and bears much fruit. Christ's Christianity is the chain of scientific being reappearing in all ages, maintaining its obvious **correspondence** with the Scriptures and uniting all periods in the design of God.

18 | 496:9–14

9 We all must learn that Life is God. Ask yourself: Am I living the life that approaches the supreme good? Am I demonstrating the healing power of Truth and Love? If so, then the way will grow brighter "unto the perfect day." Your fruits will prove what the understanding of God brings to man.

19 | 451:14

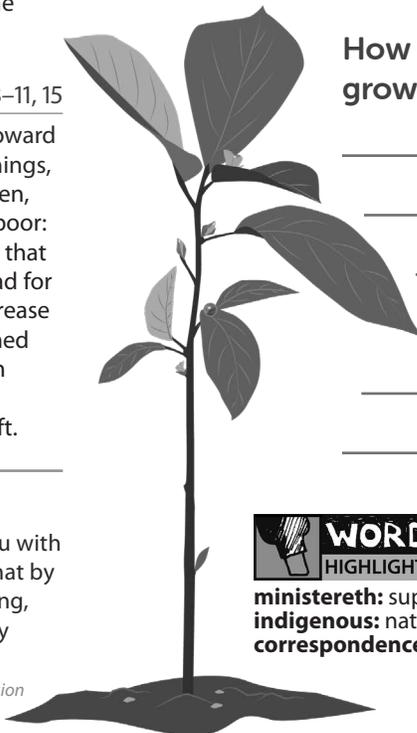
Man walks in the direction towards which he looks, and where his treasure is, there will his heart be also. If our hopes and affections are spiritual, they come from above, not from beneath, and they bear as of old the fruits of the Spirit.

20 | 264:24–31

Spiritual living and blessedness are the only evidences, by which we can recognize true existence and feel the unspeakable peace which comes from an all-absorbing spiritual love. When we learn the way in Christian Science and recognize man's spiritual being, we shall behold and understand God's creation, — all the glories of earth and heaven and man.

Spiritual proofs of existence

How can you help your gratitude grow beautifully and abundantly?



ordained: established; put into place for a specific purpose
dispersed: scattered
ministereth: supplies; furnishes
indigenous: native; natural; inherent; innate
correspondence: relation; agreement; harmony

Gratitude for ... tests?

FINALS WEEK: FALL SEMESTER, JUNIOR YEAR.
I had tests in biology, math, Advanced Placement (AP) English and United States history, as well as my hardest class, Spanish 4 Honors. I was feeling very stressed and unhappy. The work was totally overwhelming. I had hundreds of textbook pages to review, vocabulary and tenses to memorize for Spanish, not to mention an out-of-class essay due for English. This wasn't any fun at all.

I knew I needed to get into a better frame of mind. In my gloomy and overwhelmed state, I couldn't focus on any of my work and was unable to get any studying done.

Through previous experiences, I knew that I could find comfort in the Bible and *Science and Health with Key to the Scriptures* by Mary Baker Eddy. In the past, when I'd needed healing, I'd turned to them and found immediate help. So that's where I turned again.

In *Science and Health*, Mary Baker Eddy poses a question that really stood out to me: "Are we really grateful for the good already received?" (p. 3).

Gratitude was all I could feel. What was there to be ungrateful about?

I realized that I was not being grateful at all, but self-absorbed. By focusing only on my own problems, I couldn't appreciate all the good around me.

In the Bible in the book of Genesis it says that "God saw every thing that he had made, and, behold, it was very good" (1:31). I realized that if God's creation, His kingdom, is completely good, and that kingdom is where I live, then gratitude was all I could feel. What was there to be ungrateful about?

With this realization, that everything in God's kingdom expresses good, my thought completely shifted. Instead of being focused on myself, I was filled with a recognition of the good around me, and with gratitude for that good.

I thought about all of the help I'd received from my teachers and my friends. I saw that as evidence of God's love for me. I was grateful for the intelligence that I was able to demonstrate in my experience; I knew that intelligence was a quality of God, who is divine Mind, and that God reflected it in me. I realized that even the tests themselves were good and something to be grateful for. They were an opportunity to demonstrate intelligence, freedom, discipline, and joy. I knew that I could express only Mind's understanding and Spirit's clarity, which left no room for doubt or stress.

This mental shift from self to the understanding of God's goodness as ever present changed my attitude and I quickly became more joyful. I was able to experience a little of what this hymn expresses:

A grateful heart a garden is,
Where there is always room
For every lovely, Godlike grace
To come to perfect bloom.

(Ethel Wasgatt Dennis, *Christian Science Hymnal*, No. 3, © CSBD)

I was seeing that if you are able to fill your thought and heart with gratitude, and recognize the allness of good, then it's natural that happiness will follow.

That week of finals was a success, despite the previous stress and unhappiness. Instead of nerves and doubt, I felt calm confidence. Now, with spring semester finals approaching, I don't feel freaked out or stressed at all. The tangible feeling of the allness of good has stayed with me, and I'm going into my tests happy and grateful.

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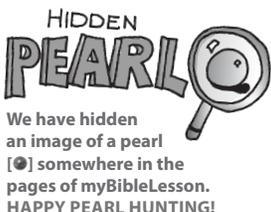


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PEARL HINT: The seed of Truth brings forth good treasure.

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