

**NOVEMBER 2024**

**Theme: Pressing Forward in Jesus Christ**



**GRANT HILL MISSIONARY  
BAPTIST CHURCH**

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**SUNDAY SCHOOL  
ADULT LESSON GUIDE**

5405 Black River Road  
Rembert, SC 29128  
Clifton N. Witherspoon, Pastor  
[www.granthillbaptist.org](http://www.granthillbaptist.org)



**Theme 2024: Pressing Forward in Jesus Christ**  
**Unit 11 Theme “Thankfulness”**  
**November 2024**  
**4th Quarter**



**Our Unit 11 theme for the month of November is... “Thankfulness”.**

**Colossian 3:17 states that... "Whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him." Speak every word in gratitude and do everything with a thankful heart. Psalm 100:4 states that we should, "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name." In all things give thanks.**

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## Unit 11 Theme: Thankfulness

### Lesson Topic: Give Thanks in All Circumstances

**Lesson Scripture:** Psalm 100:4; 1 Thessalonians 5:16-18; Matthew 6:25-33

**Key Verse:** Enter into his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name. Psalm 100:4

**Essential Questions:** Are you Thankful? What are you thankful for? List your top five reasons for being thankful in order of importance.

### Lesson Aims

At the end of this lesson, the participant will be able to understand:

1. Why being thankful is not just necessary, it is a requirement. (See Psalm104)
2. When we read the bible, we will find many different ways of showing our gratitude to God.
3. That we should show gratitude to each other, as well as to God.

### Introduction

The essential question of today's lesson asks a very important question: Are you thankful? Some people are takers and not givers. The sad part about it is a lot of the time when they receive something they are not always thankful for it. If they ask for financial help and you give them \$5.00, they say he/she could have given at least \$10.00. It can be discouraging when you go out of your way to help someone, and they don't appreciate it. But do we stop giving because of this? If your answer to this question is yes, or even "sometimes," let me present this scenario to you. I know a person you gave up his life for the whole world and many did not appreciate it, and never says "thank you for my life" or "thank you for the gift of life." Of course, I am referring to our Lord and Savior, Jesus Christ. Thanksgiving should always be in our hearts and on our lips for all that God has done and is still doing for us. That's all the Psalmist was saying in Psalm 100:4, and that all I am saying today.

### Exposition

#### I. Being Thankful in the Spiritual Sense

Thankfulness precedes gratefulness. You cannot express it if you don't feel it. When we pray, we tell God how thankful we are for the blessings we receive, but what are we

doing to show Him our appreciation for everything he has given us? Your praise shows God and others that you are thankful for what he is doing and will do in the future. But

don't just show appreciation for what he has done for you, be grateful for what He has done for others also.

### **What Does the Bible Say About Being Thankful in All Circumstances?**

Psalm 100:4. Enter into his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name. Psalm 100:1

1 Thessalonians 5:16–18. Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

Colossians 3:16-17. Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing Psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do in words or deed, do everything in the name of the Lord Jesus, giving thanks to God the father through him.

Philippians 4:6-7. Do not be anxious about anything, but in prayer and supplication with thanksgiving let your request be known to God. And the peace of God which surpasses all understanding, will guard your hearts and mind in Jesus Christ.

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

Psalm 103:2-5 – Bless the Lord, O my soul, and forget not all of his benefits, who forgives all of our iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy' who satisfies you with good so that your youth is renewed like the eagles.

**III. God Will Provide – Matthew 6:25-33** The Hebrew word yireh (ye-aa) can mean either to “see” or to “provide.” For us both seeing and providing is what God does. When we were dead in our sins, God saw us and provided a way out for us. Turn to God and ask for help when you need it. Pray with a sincere heart and ask for His Great Provision in your life. Take your own resources, plus what you have been given, then add faith and trust in God. And remember to thank him always.

In Matthew 6:25 Jesus told his disciples not to worry about material things such as food or clothing, as God will provide for the needs of his followers.

Verses 26-28 Jesus reminded the disciples of how he takes care of the birds of the air and the lilies of the field, who do not reap nor sow. Then he tells them that if I provide for them, don't you think I will take care of you, who were made in my own image?

In verse 27 he asks them a question: Which of you can add one cubic to your stature by needlessly worrying about things that you cannot control?

Verse 32 says that pagans run after these things, and your heavenly father knows that you have need of them.

Verse 33 ties the previous two verses together. But seek you first his kingdom and his righteous and all of these things will be given to you as well. (Do not chase after worldly things and forget about God. Put God First).

We put God first when we worship Him above all others, praise Him, thank Him, trust Him, and rely on Him rather than ourselves or anyone else. We seek God first when we go to Him for comfort, strength, and reassurance; acknowledging who He is and what He can do.

## **The Lesson Applied**

### **IV. Inspirational Sayings About Being Thankful**

*“Be thankful for what you have; you will end up having more. If you concentrate on what you don't have you will never have enough.*

*-Bible quotes.com*

*“As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them.”*

*-Oprah Winfrey*

*“Happiness is not about getting what you want all of the time, its about loving what you have and being graceful for it.”*

*-wwpinterest.com*

*“I may not have everything that I want in life, but I'm blessed with enough to have all that I need! For this I am grateful.”*

*quotesgram.com*

*“God is working things out for you even if you don't feel it. Have faith and be thankful. Where faith and hope grow, miracles blossom.”*

*“In happy moments praise God. In difficult moments seek God. In quiet moments worship God. In painful moments trust God. In every moment thank God.”*

*-Bible quotes.com*

**Unit Theme: Thankfulness**

**Lesson Topic: Significant Aspects of Thankfulness**

**Lesson Scriptures:** Jeremiah 29:13, Psalm 92:1-15; Job1;21; Colossians 4:2; Hebrews 12:28; James 1:17; Philippians 4:6-7

**Key Verse:** Psalm 92:5 (KJV) “O LORD, how great are thy works! And thy thoughts are very deep.”

**Essential Question(s):** What does thankfulness look like for you?

**Lesson Aims**

**At the end of this lesson the participant will understand:**

1. We need to be thankful for God being God.
2. We must show thankfulness and gratitude for the life God has given us.
3. Thankfulness should be a natural way of life.

**Introduction**

In the month of November, we discuss being thankful for our families and friends. Why do we only discuss being thankful in November? This should be a priority daily. Giving thanks to God and exalting him for all he does in our lives. Even in bad situations that arise, we should be praising and thanking God for the life lessons he taught us. Thankfulness needs to be displayed not only in November, but throughout the year. It is such a blessing to know that we can give thanks at any time to our Heavenly Father.

**Exposition**

We should be thankful because God is worthy of our thanksgiving. The people of God are thankful people, for they realize how much they have been given.

**Psalm 30:11-12:** David gives thanks to God following an obviously difficult circumstance. This psalm of thanksgiving not only praises God in the moment but remembers God’s past faithfulness. It is a statement of God’s character, which is so wonderful that praise is the only appropriate response. Feeling and expressing appreciation is good for us. Like any wise father, God wants us to learn to be thankful for all the gifts He has given us (James 1:17). It is in our best interest to be reminded that everything we have is a gift from Him. Without gratitude, we become arrogant and self-centered. We begin to believe that we have achieved everything on our own. Thankfulness keeps our hearts in the right relationship to the Giver of all good gifts. By giving thanks continually, we are reminded of how much we *do* have.

When we focus on blessings rather than wants, we are happier. When we start thanking God for the things we usually take for granted, our perspective changes. We realize that we could not even exist without the merciful blessings of God.

**Philippians 4:6-7:** Giving thanks to God keeps our hearts in right relationship with Him and saves us from a host of harmful emotions and attitudes that will rob us of the peace God wants us to experience. We can have thankful hearts toward God even when we do not feel thankful for the circumstance. We can grieve and still be thankful. We can hurt and still be thankful. We can be angry at sin and still be thankful toward God.

**Job 1:21:** In the midst of hardship, David remembers who God is and, as a result of knowing and trusting God, gives thanks. Job had a similar attitude of praise, even in the face of death: “The LORD gave and the LORD has taken away; may the name of the LORD be praised”. Thankfulness should be a way of life for us, naturally flowing from our hearts and mouths.

### **The Lesson Applied**

The Book of Psalms is a collection of prayers, poems, and hymns that focus the worshiper’s thoughts on God in praise and adoration. We can bring all our feelings to God. It doesn’t matter how negative or complaining they may be; and we can rest assured that he will hear and understand. The psalmist teaches us that the most profound prayer of all is a cry for help as we find ourselves overwhelmed by the problems of life.

The heart-response that God created for glorifying him for his gifts is thankfulness. That’s what he created, that’s what he designed. God placed thankfulness in the human heart as a response to the vast arrangements of made things, of gifts. In the Bible verses discussed today, thankfulness mostly relates to God’s gifts and his deeds to bless us. Expressing thankfulness helps us remember that God is in control. Thankfulness is not only appropriate; it is actually healthy and beneficial to us. It reminds us of the bigger picture, that we belong to God,

#### References

Desiringgod.org

Gotquestions.org

Holy Bible

**Unit Theme: Thankfulness**

**Lesson Topic: The Importance of Thankfulness**

**Lesson Scripture:** Ephesians 5:18-20; 1 Thessalonians 5:18; Psalm 106:1-3; 107:1;  
1 Chronicles 16:25-34

**Key Verse:** Always give thanks to God the Father for everything, in the name of our Lord Jesus Christ. Ephesians 5:20

**Essential Question:** Why should we always give thanks to the Lord? Are you thankful for what the Lord has given you?

**Lesson Aims**

At the end of this lesson the participant will understand:

1. Why being thankful is so important.
2. That there are many different ways to express our thankfulness to God
3. That we should always be willing to show God and others how thankful we are.

**Introduction**

Thankfulness is when we show appreciation, gratitude and praise towards anything or anyone in our life. Thanksgiving is strongly and consistently associated with greater happiness. Thankfulness also helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. Thanksgiving is more than a day that is set aside during the month of November, it should become a part of our way of life. Like our American Express card, we should never leave home without it.

**Exposition**

The Lord wants us to have a spirit of thankfulness in all we do and say. When we are thankful, we will have greater happiness and satisfaction in our lives. We will recognize the influence and blessings of the Lord.

Being thankful is more than expressing a feeling like saying “thank you” when someone holds open a door, or when someone lets you in when you find yourself in the wrong lane on the interstate. Thankfulness is more than a feeling it should be our lifestyle.

When we pray and give thanks to God, even in difficult times, we are promised to be given grace and faith.



The bible is filled with commands to give thanks to God (Psalm 106:1; 107:1; 118:1; 1 Chronicles 16:25-34)

Most verses go on to list reasons why we should thank him, such as, His love endures forever, He is good, and his mercy is everlasting.

Thanksgiving and praise always go together. We cannot truly praise and worship God without being thankful. Thankfulness keeps our hearts in right relationship with the giver of all good gifts.

By giving thanks continually, we are reminded of how much we do have, and it takes our mind off of what we don't have. When we focus on blessings rather than wants, we are happier. When we start thanking God for the things we usually take for granted, our perspective changes and we realize that we could not even exist without the blessings of the Lord.

I'm sure we all remember the late Keith "Wonder boy" Johnson and his song that says "I can't even walk without you holding my hand. We can do nothing without Him.

Having said that I do realize that there are times when all of us have tried to do things on our own; and what happens? How did that turn out for you?

Being thankful in all situations helps us develop trust in God and help us to be humble. While much of our gratitude is limited to positive experience, we have to learn to appreciate the good and the bad. Thanking God in difficult situations can also help us appreciate the good times more.

### **Six Reasons why We Should Always be Thankful to God**

1. He takes care of our physical needs. God promised to provide what we need. He created the universe and gives food to every living thing.
2. He provides directions. God guides and directs our steps, so we can fulfill his great purpose for us. Many times, we see his directions more clearly in hindsight. Proverb 20:24 says "A person's steps are directed by the Lord. How then can anyone understand their on way?"
3. He gives us grace. God gives us the grace we need to make it through any situation. His grace is what gives us the strength to make it through the day. It's a gift he freely gives based on our specific needs.
4. He shows us how to escape temptation. God always provide a way out when we face temptation. God knows we will face temptation and gives us the resources we need to overcome these trials, including his word and his spirit.

5. He helps us when we are hurting. When pain feels too much to bear, we don't need to hide from God. We can run to God. He is our refuge and our strength, our ever-present help in times of trouble.
6. He saves us. God promises a way for us to be in a relationship with him. When we were separated from God, he sent his only son to pay the penalty for our sins. It is through Him that we were reconciled with God and are saved by his blood.

### **The Lesson Applied**

Thankfulness ought to be a major ingredient in all our relationships. During any occasion our focus should always be on giving thanks for our blessings and expressing our gratitude to God for them.

Thanks, should be on our lips every day. We can never say thank you enough to parents, friends, leaders, and especially to God. We will leave you with four significant aspects of thankfulness.

1. Remembering what God has done,
2. Telling others about it
3. Showing God's glory to others
4. Offering gifts of self, time, and resources.

If you are truly thankful, your lifestyle will show it.

**Unit 11 Theme: Thankfulness**

**Lesson Topic: Give Thanks to God**

**Lesson Scripture(s):** 2 Corinthians 4:15; Romans 18:21

**Key Verse(s):** “Yes, they knew God, but they wouldn’t worship Him as God or even give Him thanks. And they began to think up foolish ideas of what God was like. As a result, their minds became dark and confused. 18:21 NLT

**Essential Question:** Do you ever stop and think how God feels when we aren’t thankful to Him?

**Lesson Aims:** The participants are to understand that:

1. Giving thanks to the Lord must be what we build on every day.
2. Saying “thank you” to God hardly seems enough in light of all His blessings to us. But whenever we do thank God, He gladly receives our praises.
3. Giving thanks to God for the little things prepares us for bigger blessing.

**Introduction**

While preparing this lesson it came to mind how sometimes we make expressing our gratitude seem like another chore to check off that we’ve gotten it done. But just know that the power of gratitude far outweighs whatever it takes to express it. In the above reference scripture, 2 Corinthians chapter 4 verse 15, Paul declares that his service to the Corinthians is worth all the suffering he was experiencing. Why? Because as more people believe in Jesus, more people will receive God’s grace. The more people who receive God’s grace, the more people who will give thanks to God. Therefore, more and more glory will be brought to God. And guess what, Paul is willing to endure anything, in God’s power, to achieve this outcome. Let us look at just a few out of so many reasons to intentionally cultivate gratitude, shall we.

**Exposition**

The Bible is filled with commands to give thanks to God (Psalm 106:1; 107:1; 118:1; 1 Chronicles 16:34; 1 Thessalonians 5:18). Most verses go on to list reasons why we should thank Him, such as “His love endures forever” (Psalm 136:3), “He is good” (Psalm 118:29), and “His mercy is everlasting” (Psalm 100:5). Thanksgiving and praise always go together. We cannot adequately praise and worship God without also being thankful.

Feeling and expressing appreciation is good for us. As our parents has taught us to say “thank you” for good deeds done for or given to us, God wants us to learn to be thankful

for all He has given us as well (James 1:17). It is in our best interest to be reminded that everything we have is a gift from Him.

We are to be thankful for what God has done for us

1. He has answered us and become our salvation (Psalms 118:14)
2. He has redeemed us, while we were still in our sins, Christ died for us (Romans 5:8)
3. He has adopted us into His family (Ephesians 1:5)

We are to be thankful for what God has given us

1. His unfailing love (John 3:16)
2. victory through our Lord Jesus Christ (1 Corinthians 15:57)
3. His righteousness (2 Corinthians 5:21)
4. His grace (Ephesians 4:7)

We are to be thankful for who God is:

1. He is good (Mark 10:18)
2. His love endures forever (Psalms 136:26)
3. He is faithful and just (Deuteronomy 32:4)
4. He is a promise keeper (2 Corinthians 1:20)

This is what Romans 18:21 is talking about. Without gratitude, we become arrogant and self-centered. We begin to believe that we have achieved everything on our own. Thankfulness keeps our hearts in right relationship to the Giver of all good gifts.

Giving thanks also reminds us of how much we do have and removes our focus from what we don't have. Humans are prone to covetousness. That is seeing what others have and wanting it for ourselves. By continually giving thanks, we focus on the blessings rather than wants, we are happier. When we start thanking God for the things we usually take for granted, our perspective changes. We realize that we could not even exist without the merciful blessings of God.

First Thessalonians 5:18 says, "In everything give thanks; for this is God's will for you in Christ Jesus." We are to be thankful not only in pleasant situations, but in circumstances we don't like. When we purpose to thank God regardless of what comes into our lives, we keep bitterness at bay. We cannot be both thankful and bitter at the same time. It's not that we are grateful for tragedy, but we can be thankful for who God is, even in the midst of tragedy. He sustains us and gives us strength to endure (James 1:12; 2 Corinthians 12:9). We thank Him for His promise that "all things will work together for the good, to those who love God and are called according to His purpose" (Romans 8:28).

We can have thankful hearts toward God even when we do not feel thankful for the circumstance. We can grieve and still be thankful. We can hurt and still be thankful. We can be angry at sin and still be thankful toward God. That is what the Bible calls a

“Sacrifice of praise” (Hebrews 13:15). Giving thanks to God keeps our hearts in right relationship with Him and saves us from a host of harmful emotions and attitudes that will rob us of the peace God wants us to experience (Philippians 4:6–7).

### **Lesson Applied**

Let us encourage ourselves by reading scriptures on why we should give thanks and how we are to express our gratitude. During the holiday seasons, or any time really, we can become so overwhelmed with all the activities that we forget to stop and reflect on why we should be celebrating. Throughout the year and especially on those special days we need to pause just to say thank you. These two words that you may not deem significant, means a lot because they show our appreciation for what God does for us and also let Him know we aren't taking His blessings for granted. Hey now, this doesn't just apply to God, but to the people in our lives who encourages and supports us. Let's show our gratitude to God and to each other because that's what God desires for us to do.

## References

**The lessons are based on the Grant Hill Missionary Baptist Church Sunday School Ministry writers understanding of the topics being discussed, and cited references listed and given credit as written.**



1. The Handbook of Bible Application
2. Desiringgod.org, Gotquestions.org, Holy Bible
3. Source(s): BibleRef.com; www.christianwebsite.com; Our Daily Bread
4. Bible: NKJV, ISV