

Thanksgiving as Resistance – How Anxiety Affects Gratitude

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Shabbat shalom, everybody. The TV has a color tint change to it, so it all looks like a horror movie thumbnail on the back. We're at a pretty dense crossroads with society and culture as Christians—always are, wherever we find ourselves in the world, whatever empire we're part of, attempting to carry out the calling of Jeremiah and Daniel. I may lay it on thick today because it's a serious message, and we're in a pretty serious time of year. Thank you for allowing me to do that, even though you just found out about it.

So we got a puppy, and yeah, we got a puppy that no other millennial has. It's a Bernadoodle. That's the thing now—typical millennial pet, right? If you've ever trained a dog, you know what the secrets are. How do you train a dog? Treats. Treats. Just a little treat. Carry them around in your pocket for the first couple of months. Every time they do something, give a treat. Treat. Treat. Yes. Good boy. They do something you don't like and they look at you: no treat for you, right? That's how you train a dog. Wait for it to use the bathroom outside. Treat. Good job. When it's inside, no treat. The treat rewards the dog's brain and nervous system. That emotional response, that little hit of satisfaction becomes associated with the behavior that you want—going outside instead of going inside.

Treats and Nervous Systems

Here's what doesn't work: punishment. Even if you wanted to hit the dog—and I know no one has ever wanted to strike a pet that obviously, at three months old, is simply open rebellion against whatever you want it to do—no, that doesn't work. It doesn't work well. Punishment creates chaotic signals in the nervous system. We all know that. We're mammals, too. We work the same way. A dog doesn't learn right behavior when he's hit over and over and over again. All he learns is fear, and his nervous system gets rewired around anxiety and being scared of what's going to happen in the future. Reward works. That's the same reason the major pediatric and child development organizations globally have for decades rejected spanking, because the science is pretty clear: fear teaches fear. Fear teaches fear. That's true in humans. It's true in dogs, or capybaras, or red pandas, or whatever adorable creature TikTok had you emotionally

adopt this week. I didn't know what a capybara was until TikTok. I'll be honest, I had no idea. It's a big rat. And now we have them stuffed around the house.

Across mammals specifically, punishment tends to increase fear and anxiety chronically. It's not healthy. Humans are not some magical exception. There's a lot of people that know that and take advantage of it.

Fear Teaches Fear

Let me ask you this: Are you one of the many adults that, if you find yourself in a place of conflict, instead of calmly navigating it, your face or chest flushes red? You may feel like a car has parked on your chest. Maybe you feel like electricity is running through your body and your heart is racing. That is completely normal for a little boy or girl who decades ago experienced something that wrecked them in a way they couldn't handle. It's a symptom. It's a symptom. So it becomes a threat, and your body is doing everything it can to figure out how to survive this threat. It wires you a certain way, so that every time it's triggered, that's how you feel. The child has an automation programmed in them: whenever that threat happens, the nervous system goes straight to DEFCON 1. Cortisol and stress, adrenaline pumped into the body.

Instead of simply saying, "No, thank you. I don't want to buy that rainbow vacuum cleaner today"—right?—you can't. You can't. You can't. You're too—no, you can't, because you just jumped jet fuel into the Honda Odyssey, and it's going to respond appropriately. Not quite accurately for what it's made to do.

That's why we have to be careful, because humans, as humans, we pass down those same triggers to our children. Naturally, we're passing down our survival instincts to our children. It's so hard because you only know to teach your kids what you were taught by the world. And it's the same for your parents, and it's the same for their parents. Such a vicious cycle, right? If that's you, you likely never had the opportunity to learn what an actual threat was and what was not. So now a phone call feels like you're being chased by a bear. That's because your nervous system was trained the wrong way, and it's not fair. I hope that keeps James Dobson awake at night.

But reward-based training, reward-based training from what we know about science and all this stuff—it shapes the nervous system to orient toward calm, toward more safety-oriented direction, toward connection with others. Here's the genius of it: the dog has no idea what's happening. All he knows is he's doing the thing that feels good. So he keeps doing it. Eventually, you stop giving the dog treats, but the behavior remains, right? The dog is trained.

Now you have a creature that does your bidding and acts like you want it to act. That's what it looks like for a dog. If you understand how the brain works, you can control it.

And here's why that matters. Here's why it's a really big deal: anxious people are easier to manipulate. That's it. That's it. If your nervous system is already wired for fear, if you're already walking around in DEFCON 1 with those stress responses, having them all the time with normal life, the system doesn't have to work very hard to make a suggestion for you, to push you in a direction. You're already looking for safety. What can give me safety? Let me show you how it works with your phone.

Keeping You Hooked

I know we probably don't all sit on our phones all day. It's probably one of those gadgets we just had to buy, and we pick it up every once in a while. But some people look at their phone a lot. So let's say you're scrolling TikTok, or Instagram, or Facebook, right? You're searching through videos, searching through reels, and you see a funny video. What do you do with a funny video? You laugh. That's the nervous system emotional response that happens when you see something like that. Your brain releases a chemical known as dopamine—the feel-good chemical, reward-based. It's the treat chemical. It's the same chemical the dog gets when he's handed a treat: dopamine. Your brain gets that little hit, and the next video—it's not funny. This one's inspiring. It's a kid overcoming huge obstacles, and now he can run, and he couldn't before. It's awesome. Makes me feel good. Yeah. Another hit on a different frequency.

The next video—it's not something funny. It's not something inspiring. This one's shocking. Maybe tragic. Maybe sad. It could be anything about what's going on in the world—little kids in war-torn countries right now. Or it could be those sneaky veteran coming home videos. I get it. And there you are, sobbing. You don't know why you're crying. It just feels so good. It doesn't matter if it's America, Germany, North Korean soldiers coming back. It doesn't matter. It's just that emotional response that drops your mood instantly from the high you were just at.

And then, right before you're emotionally completely off-balance, an ad comes in. The algorithm just gave you the treat at exactly the right moment. Your brain, your brain has no idea what's happening because you're doom scrolling. You don't know. You think it's by choice that you're scrolling at that point. No. This is involuntary at this point. This is the training. That's why you blink and it's been an hour and a half. You've been trained. It's by design. I think that's kind of neat, even though it's evil. It's not by accident.

Research shows that platforms such as Facebook and Instagram—you ever notice on Facebook, when you want to refresh your feed, what do you do? You drag it down. You pull the lever down and then you release it, right? You wait a second as it loads to see what new things there are. We are the hamsters, right? We laugh because we know it's true and it's so obvious, but we're being trained.

Studies show that emotionally charged ads are more memorable and more persuasive. In other words, ads work best when your feelings are stirred up. They don't work well when you're calm. It makes you wonder why the news outlets aren't rainbows and butterflies. Why aren't news outlets rainbows? Oh, because they have commercial breaks. They're funded to be on the air. If advertisers are going to pay for a certain news station, they need to have as good an ROI as possible. So that news station is going to manipulate what it shows emotionally because they're being paid. That's how the world works. It's not some evil grand conspiracy. It's how the world works. This is business: create an emotional dip, rescue you with positive content, your brain feels relief, insert the ad, and you're more likely to buy.

Globally, the average TikTok user spends 95 minutes a day on the app. Just look up what it is in the US. It's not because TikTok content or Facebook or Instagram content is good. It's because the algorithm has learned exactly how to keep you hooked, pushing emotionally charged content that keeps your brain craving the next hit.

So I say all that to say, to build up the point: if you think you're choosing to scroll, sometimes we look at other people and we act as if they have a problem and something's messed up with them.

The Trap of Manufactured Dissatisfaction

Whether it be addiction or whether it be my husband or wife always on the phone, ignoring the family, or whether it be me—I'm always on the phone. I want you to realize something and reframe something for me. When you look at those people, you know good and well if they realized what they were doing and how they were making you feel, they wouldn't do it. Just like you wouldn't spend an hour on TikTok every day, even though you do after the kids go to bed. It's not necessarily by choice, even though you think it is. It is a training that has taken place.

And it's not just phones and internet. It's all of it. It's marketing. It's marketing. That's how marketing works. And I bring all of that to light because we're going into a season of thanksgiving. And Thanksgiving is supposed to be about gratitude and about being satisfied.

And I want to encourage you to practice a different mindset with gratitude that acts as a subversive way to resist what the world is attempting to do.

We live in a system that cannot afford for you to be satisfied. If you're satisfied, you stop consuming. You stop eating when you're full. That's bad for business. Especially during this time of year, if you stop consuming, the machine that we rage against stops profiting. So the system keeps you in a professional emotional roller coaster—ups and downs—and it manufactures dissatisfaction about everything. You're always lacking. You always need something. You're always one purchase away from just feeling a little bit more complete.

And Thanksgiving, well, Thanksgiving for most of us, if we're honest, is a brief pause before Black Friday. Is it a lie? Because after you eat and after you take the nap, well, we used to get the paper. I don't know if they do, but you start looking for what you're going to do at midnight, right? Yeah.

Training Your Brain

The system has trained your brain toward anxiety and scarcity using the exact same methods that we used to train puppies. Reward, punishment, emotional manipulation, up and down, up and down. But you can train yourself to be different. You can train yourself the same way it trained you to push back. Gratitude is how you rewire your nervous system.

If you're someone who struggles with emotional dysregulation, if you're someone who struggles with feelings, if you're someone who struggles with rumination or realistic intrusive thoughts about things that are never really going to happen, but cause you to emotionally feel the awful scenarios that you're imagining in your head, involuntarily. Does that hit with anybody? Just a few. Okay. That's part of anxiety. Anxiety is worrying about the future. It's not normal. It's trained. Because if you have a constant thing in your head telling you "Oh, be scared"—it's perfect. You're the perfect customer on so many different battlefronts.

So we need to learn to be different. What if choosing gratitude in a system designed to keep you emotionally off balance is one of the most subversive things you can do? What if thanksgiving is actually an act of resistance?

The Warning of Moses

This brings us to Moses. Moses is speaking to Israel and he gives a warning. Deuteronomy gives us a warning to Israel, and he's speaking to Israel before they enter in the promised land and

God is about to give them abundance. But Moses warns them. He says in [Deuteronomy 8](#), verse 7: "For the Lord your God is bringing you into the good land, a land with brooks streams deep springs, a land where bread will not be scarce and you will lack nothing when you have eaten and are satisfied. Praise the Lord your God for the good land he has given you."

It's a beautiful promise. It's abundance. It's satisfaction. This is good. This is a nice, nice thing going for us. But then comes the warning in verse 11: "Be careful that you do not forget the Lord your God. Otherwise, when you eat and are satisfied, when the silver and gold increase and all you have is multiplied, then your heart will become proud and you will forget the Lord your God."

Moses knows what happens when people experience abundance without gratitude. They forget where it came from. It becomes entitlement at that point. Verse 17: "You may say to yourself, 'My power and strength of my hands have produced this wealth for me, but remember the Lord your God, for it is he who gives you the ability to produce wealth.'"

Gratitude is the antidote to pride. Thanksgiving is what keeps you from believing the lie that you're self-made. And in our system that lie is everywhere. You earned this. You deserve this. You worked so hard to get all that money in your bank account. You ain't never going to afford college for your kids. Buy it. But that's what's real, right? That's real. That's real.

That is the scarcity system's trick. It makes you believe you're in competition with everyone. And if you have more, that's the scoreboard. If I have more, that means I'm better. I've done it. There's only a limited amount. So I have to get it. I deserve it. I have to get it before I miss it. I don't want to miss out.

Biblical thanksgiving says, "No, you received this. It's a gift. It's a gift. It's nothing more. Stop attaching things to it that aren't there."

Paul's Prescription for Peace

Paul is writing from prison and he's facing possible execution in [Philippians](#), and he writes in [Philippians 4](#). He says: "Rejoice in the Lord always. Do not be anxious about anything, but in every situation by prayer and petition with thanksgiving, present your requests to God. And the peace of God, the peace of God will transcend all understanding, and it will guard your hearts and your minds in Christ Jesus."

Now look at the structure there. First, you rejoice. You choose gratitude. The Lord is near. Remember that you're not alone. Don't be anxious because anxiety loses its power. Present

requests with thanksgiving and gratitude and peace will guard your heart. That's the result. Peace will come. That's the result of all of this. Peace will guard your heart.

Paul is saying anxiety thrives in scarcity, but gratitude creates abundance. When you practice Thanksgiving, and I mean real intentional daily thanksgiving, it rewires your brain. It does. It does.

I started walking in the morning. Who would have thought? Who would have thought? My friend David over there, he told me he started walking in the morning a year or two ago. So I started wanting to walk in the morning, really early in the morning. And I've noticed that I start my gratitude walk. I spend 25 minutes praying to God, thanking him for everything that's in my life. That's the walk. That's the walk. It's cheesy. It's super cheesy. It doesn't seem like it makes a big impact in anything. Practice makes. That's how training works.

Reminding yourself of the gifts that God has given you. It shifts your attention from what you don't have to what you do have. And that's what breaks or cracks the scarcity cycle.

Gratitude as Resistance

And why does this matter? Again, our system, the system that we live in, the economy, marketing, all of it, it profits from your anxiety. It's counting on it. Advertisers exploit what makes you insecure. Algorithms amplify outrage because it keeps you scrolling. Thanksgiving, being thankful, that's refusal to participate. When you say "I have enough," the system loses its grip on you. It doesn't work anymore. Thanksgiving is resistance.

Paul says in First [Thessalonians 5](#)—maybe we'll just hang out in Philippians for a while, huh? Is there one before this? There it is. [1 Thessalonians 5](#). And what it says, Paul says: "Rejoice always. But not just that. Pray continually. Give thanks in all circumstances." Why? "For this is God's will for you in Jesus Christ." Not for all circumstances. Paul's not saying be grateful for suffering. He's saying in the midst of the circumstances, practice. In the midst. Go on your gratitude walk. In the midst of it, practice gratitude.

Yeah, but I'm not grateful. I don't feel it. I don't care. What does that have to do with anything? We're training. We're practicing. Who cares? Do it. A dog's not conscious about what he's doing. It's the treat. What's the treat of going on your gratitude walk in the middle of suffering? The peace. That's what the word says. That's the treat. You lose your job. You get a diagnosis. Your relationship, the relationship falls apart. Paul's not asking you to pretend everything's fine. That's annoying if we can be honest, when we watch people trying to mask doing great. No, you're not. No, we're not trying to pretend everything is fine.

What he's saying is even in the worst circumstances, you can find things to be grateful for. And practicing gratitude in the darkness keeps you from being swallowed up by it.

You wake up and your first thought is anxiety. Bills, deadlines, the conflict, the fear. What if your second thought was gratitude? Not because everything's great, but because gratitude is the discipline that trains your brain. I'm anxious about money. All right. Thought one got out. It's out. I am. I think we're all a little anxious about money, right?

Second thought: but I'm grateful I have food today, man. I'm so grateful I got this house. I'm so grateful I got my kids. Those kids, man. Oh, you can. That's the big hack. Gratitude. Just leverage the kids and it'll push it out. Just overtakes it. You can hack your brain and the Bible approves of it. That's the formula.

That's—I'm trying not to be too funny and I'm really, I want this to stick because I know people are suffering and this isn't going to fix it, but I hope it will encourage you in the time of season that you need the encouragement to at least audit yourself. Try to practice some gratitude. I'm not asking you to deny reality. I'm anxious. But don't let it define you. That's why you have the second thought. And over time it'll get better. Practice helps change you.

Again, the number one message that Satan through the world will always try to tell you, and this is going to be like, what's it called when it's so cheesy? It's not a. It's a what?

The Lie of "Not Enough"

Cliche. It's a cliché. The number one message of Satan is you're not enough. And when I say you're not enough, it trickles down into your life. You don't have enough. Right? There is not enough. The scarcity causes you to say, "Well, what am I going to do?" When from the get-go, you should have already been, "Man, look at these gifts. My God's taking care of me." You're already there. It's questioning that "not enough" by the system's standards. What if you believe that? What if you refuse to believe it? What if we all woke up one day and, Lord willing, we were not so easy to manipulate? What if we believed it? Well, I think we'd stop buying things we don't need, which seems trivial until you know what it's like to be in America. We're told to buy everything when we drive down the road with billboards or walk everywhere on the phone. That's what we're told to do. But we'd stop buying things we don't need. We'd stop chasing success that never satisfies. We'd stop scrolling through highlight reels feeling inadequate. And we'd stop competing with everybody in the world that we don't even know. What if you woke up one day and realized we're all on the same team? Ethan's Torah portion was fabulous in demonstrating that. Yeah, but there are enemies. No, there are brothers. We all come from the

same family. What if that was our mindset? And not "Who's going to attack me today? Who's against me today? Who's going to get me today?" No. Man, it's hard to hate people up close.

If you stopped believing the lie, I tell you what you would do. You'd rest. You'd feel the peace. You'd be generous and you'd be free. And the system in the world cannot have that. The more you practice gratitude, the more you realize you have. Not because your circumstances have changed, but because your attention has.

How to Practice Thanksgiving as Resistance

So, how do we practice Thanksgiving as resistance? We know the facts. We know all this is true. We know. We don't know where to go. How do we practice? Just try not to doom scroll. That won't work. If you already have a routine in anything, by the way, it's not going to work. Just going to try harder. Keep trying. No. You have to start small and you have to start daily because that's how it started.

****First step: Start small and daily.**** Every morning, I encourage you to try to wake up and name three things you're grateful for. That's it. Out loud. Has to be out loud. Before you check your phone. I felt resistant. Ah, I felt it. Just three things, right? Small things, specific. I'm grateful for coffee. I'm grateful the sun's shining. I'm grateful my kid laughed yesterday before bed. You're training your brain to notice gifts instead of deficits first thing in the morning. Is this too heavy, guys? Is this too much? All right. Happy God loves you and you can go home, right?

****Number two: Practice gratitude in community.**** We are tribal people. Tribal people. It's for survival, right? On a basic level. At dinner, you can do something that we do every night at dinner. And we started practicing it thinking it was stupid, and now our kids keep doing it, and now it's a tradition for our family. And that is at dinner, go around the table and share something you're grateful for. Hey Ben, what was your favorite thing today? What are you grateful for? That's what we do, right? And we even ask, "What was the worst thing that happened to you today too?" Oh, we like to stack it. Let's hold them together. Let's teach our kids how to hold them together. The whole day isn't ruined because something bad happened. Something good happened too. Let's hold it together. And then we ask them, "What's something nice you did for someone today?" And usually it's like, "Yeah, I came to dinner." All right. Well, that's good. Hey, practice. Wrong answers count. Practice.

****Number three: Does your gratitude lead to action?**** If you're grateful for what you have, are you sharing it? The things you're most grateful for, you love to share with the people that you're closest with and more. Real thanksgiving doesn't hoard. It gives. Always.

****Number four: Resist the comparison machine.**** Social media is designed. It's like alcohol. It is not designed to give you something good. It's designed to get you drunk. That's what it's for. And you can manage that and regulate it. But that's its purpose. A gun's purpose is to kill. We can dance around that. That's its function. That's what it does. Social media is designed to... Practice gratitude by getting off of the comparison machine. Try to set limits for yourself. See if you can do it. If you're scrolling and there's a piece of content that does not make you feel good in your body—stress, anxiety—unfollow them. That's what I do. You can unfollow people that post content you don't like. I don't follow a lot of people. I'm just letting you know because it's my TV station. I'm going to curate the content. I'll be friends with everyone, but I'm not... No, I don't like that content. How do you keep up with people? That's not its purpose. This is entertainment for me.

Name the Anxiety and Choose Gratitude Anyway

****Number five: This is important. Say it out loud. Name the anxiety and choose gratitude anyway.**** Don't try to pretend that everything in your life is happy go-lucky. Name what isn't. I'm really anxious about money right now. Alone in your car, say it out loud. Now I'm anxious about money. But I'm grateful I got a roof over my head. Whatever. Doesn't matter. Do something. Plug something in. Both are true, but you're practicing how to balance something that you probably didn't learn.

And there are two tools I want to give you as well. Tools are fun because tools are these little life hacks that you discover along the way and, oh, they actually might work, right? One of them is from an extremely wise woman, decades ago, who taught me this, and it's called the gratitude interrupt. When you catch yourself spiraling—and when I say spiraling, it means that your brain can't stop thinking about horrible things that are making your body feel bad and it feels like your body is just having electricity run through it because it's all tense and you just don't know what to do and your heart's racing—spiraling. You know, when the anxiety is crushing you, say it out loud. You say, "Stop." That's it. Stop. If you're an artist, an actor, you can say it aloud and dramatically: "Stop! Stop!" If the dog was doing something that made you feel unsafe, what would you say to the dog? Stop. Do it to the voice that you created. Do it to it. Stop. You can say, "I'm anxious about [name it], and I'm grateful for this, but I'm gonna stop. I'm gonna stop and reframe."

Another one that is really good: I'm safe. I'm safe. I'm not like in danger. Your body's acting like it's in danger, isn't it? That's the fight or flight. That's anxiety. Your body thinks it's in danger. So

if you feel that, all you do—and no one's going to see you. You're alone. I'm safe. I'm safe. This situation stinks, but I'm safe. I can calm down.

And then the phone lock. Second hack that I use personally. When you notice, after an hour and a half of doom scrolling, when you wake up and realize you've fallen in the trap, you don't have to say goodbye. Lock your phone, set it down, and take three breaths. And then say one thing you're grateful for. And then ask yourself: Do I want to pick my phone back up? And yes is okay, but so is no. What are you doing? You know what you do? You're practicing. Practice makes it work. When you were doom scrolling on your phone, you weren't looking for more information about anything. You needed to fill something that someone told you you needed.

Rewiring Your Brain

When you practice these regularly, they work faster. Your brain gets trained because you're literally rewiring it. Paul says, "Do not be anxious about prayer and petition, with thanksgiving, present your requests to God." These tools, this is what it looks like in practice. God, I'm giving up gratitude. I know peace is coming. I want that treat. I want the peace. That's how you interrupt fear. That's how you interrupt.

And when you start practicing Thanksgiving as resistance, as a Christian going up against the world, you'll start noticing that you don't need to buy stuff. You don't need something sold to you anymore. It's contentment. You're not driven by the fear of missing out on something. You have to make a decision. You stop believing the lie that you're falling behind everyone else and you got to catch up. I need to buy this or buy that. And you rest and you breathe and you're present with the people around you instead of being distracted by your anxiety.

Guys, I really want you to know it's not a phone addiction. It's a fear addiction. I didn't mean for that to rhyme, but that's what it is. So if you have a spouse or a child or even you, there is room for grace here because they're a victim of the system. Okay? You start practicing, you start noticing, you become a little bit more generous when you realize that you have more than enough, and you become content because you stop chasing satisfaction in things that can't provide it. You become free, and that's the most dangerous thing you can be in this world.

So this Thanksgiving you have a choice. You can participate in the system. You can perform gratitude for a day and at least do that. I mean, let's do something, right? And then you can get back on the treadmill Friday morning and keep going and doing the thing.

Or you can resist. You can push back and you can choose daily thanksgiving. And you can train your attention to see gifts instead of deficits all around you. And you can stop competing with

fabricated identities and strangers in your mind and start seeing a people that you want to connect with. People that are just like you. Free people are dangerous to systems that profit from fear and anxiety. Gratitude isn't just a nice feeling. It is freedom. And so this week, practice Thanksgiving, not as a holiday, but as a part of the revolution of God's kingdom invading this earth. So say it out loud, write it down, and share it with others. And watch what happens when you stop believing the lie that you're falling behind because you're not. You do have enough. You are enough. Yeah. And you have enough. And that is something if you can be brave enough to accept it, that's something to be really grateful for.

Gratitude as Revolution

And so please join me as we conclude with worship this week and please stand. And during this time it's appropriate to meditate on how do you want to respond to the world around you when things get hot? How do you want to respond when the whole world is blowing up around you and everybody is filled with anxiety? Do you want to be the Christian that is among the world at peace? Do you want that peace to be contagious? This is where we start. We start with what the word tells us about gratitude and the effects of it and how we can get peace and then share it. That's what it's all about. And so during this time, it's appropriate to consider that if you need prayer for anything this week, you guys can come down. We have a prayer team on either side of the altar. And it can be something related to today's message, something going on in your life or a friend's life. It can be anything. But we want to pray for you. Maybe you've been carrying around something that you didn't realize was so heavy until today. Guys, we have an altar here. And in a gesture, you can walk up, you can kneel down, and you can place symbolically whatever that thing is on this altar. And then you can stand up and you can walk away from it. And it's appropriate to do so. Don't stay stagnant. Don't stay in hell.

Alina Volcano, our father, our king. Father, we thank you for the opportunity to once again hear the hope of your peace. Father, I ask that in the name of Yeshua, spirit of peace would fall on every person here today and abroad. Father, that we would be reminded of what true love and peace feels like and what the absence of fear feels like. That you would give us strength to recognize and endurance to pursue practicing being more like Yeshua so that we can impact the world for the revolution. We thank you, Father. We thank you for your peace and we thank you for your promises. In Yeshua's name we pray. Amen.

Worship and Praise

I don't just want the next thing and I want the pure thing. And I don't just want the next thing. I want the real thing. My water bottle. It was on the floor. And I don't just want the next thing. I want the pure thing. I want the real thing.

I'm leaving behind all others clinging to you alone. Clinging to you alone. Where else can I go? Only you have the words of life. Only you have the words of life. It's real food for my soul. And only you have the words of life. Only you have the words of life. Oh, only you. Only you, Lord. And I don't just want the next thing. I don't just want the next thing. I want the pure thing be found in you. We want the real thing. Oh, I'm leaving behind all others. I'm leaving behind all others. Clinging to you alone. I'm leaving behind all others. And where else can I go? Only you of life. It's real food for our soul. And only you have the words of life. Only you have the words of life. And where else can I go? And only you have the words of life. It's real food for my soul. Only you have the words of life. Only you have the words of life.

Every word you speak gently wakes me from my sleep. I come alive again. Wake us up. Come alive again. Oh, and every word you speak gently wakes me from my sleep. Come alive again. Come alive again. And every word you speak gently wakes us. I come alive again. Oh, come alive again. Dry bones from every word you speak gently wakes me from. Oh, we come alive again. Come alive again. Every word you speak gently wakes me from sleep. Come alive again. Oh spirit. Oh rock we praise Yeshua. Every word you speak gently wakes me. Sleep I come alive again. Oh, I come alive again. Have the words of life. It's real food for our soul. Only you have the words of life. Only you have the words of life. And every word you speak gently wakes us. I sleep, I come alive again. Yes, I come alive again. Every word you speak and every word you speak gently wakes us. I sleep. I come alive again. And I leave behind every other lover. I leave behind every other lover. I leave behind every other lover. I leave behind every other lover. Leave behind. We leave behind every anxious thought, every thing we've put in front of you. We leave behind all the things that distract us, bring us down. Bless you, Father. We praise you above. I come alive again. Wakes us from my sleep. I come alive I come alive again. Wake us up. Wake us up. And every word you speak gently wakes me from my sleep. I come alive Oh, I come alive again. And every word you speak gently wakes up from my sleep. I come And every word you speak gently Oh, I come alive again. Yes. Oh, and every word you speak gently, wakes me from my sleep, I come alive. I leave behind every other lover. I leave behind every other lover. Every other lover. Every other Thank you. And only you have the words. Only you have the words.

Closing Prayers and Praises

Father, bless you, Father. You're so grateful, Mava. You are worthy. You're worthy of all of our affection. So grateful that you have designed us fearfully and wonderfully. And you know that we are dust. You remember that we are dust. The word says and you make provision for that. Thank you, Holy Spirit. Thank you that your grace is sufficient and in our weakness you are made strong. Thank you, Father. I love I love I love your presence. I love your presence. I love I love I love you. We pour out our praise. We pour out our praise. We pour out our praise at the feet of Yeshua. Pour out our praise. Pour out our praise. Pour out our praise. We pour out our praise. Pour out our praise. At the feet of pour out our praise. Pour out our praise. We give you the highest praise. You deserve it all. You deserve it all. We give you the highest praise. You deserve it all. You deserve it all. Praise. You deserve it all. You deserve it all. We give you the highest You deserve it all. You deserve it all. Oh, and we pour out our praise. We pour out our praise. We pour out our praise at the feet of Yeshua. We pour out our praise. We pour out our praise. We pour it out. Pour it out. Oh, and we pour out our praise. We pour out our praise. We pour out our praise at the feet of Yeshua. We pour out our praise. We pour out our praise. Oh, we pour it out. Oh, we pour out our praise. We pour out our praise. We pour out our praise. At the feet of Yeshua, we pour out our praise. We pour it out our praise. Want to pour it out to you. So wonderful. So worthy of worship. I love I love I love your presence. Love you. I love I love your presence. Thank you for gratitude, Father. Yes. Thank you for the ability to sing praise to you, to shift the perspective. Thank you, Father, for the shift. We worship you. It is our delight. Thank you for joy. Father, help us to be mindful this week as we go to keep practicing. And we thank you, Father, that you are faithful to meet us in every way. In Yeshua's name is Adonai. Elohe lech. Here. O Israel, the Lord is our God. The Lord is one. Blessed is the name of his glorious kingdom for all eternity. And may the Lord bless you and keep you. May the Lord make his face to shine upon you and be gracious to you. May the Lord lift up his countenance toward you and give you his peace. In the name of our Sar shalom, our prince of peace, Yeshua Hamashiach, we pray. Sabbath shalom family.

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