

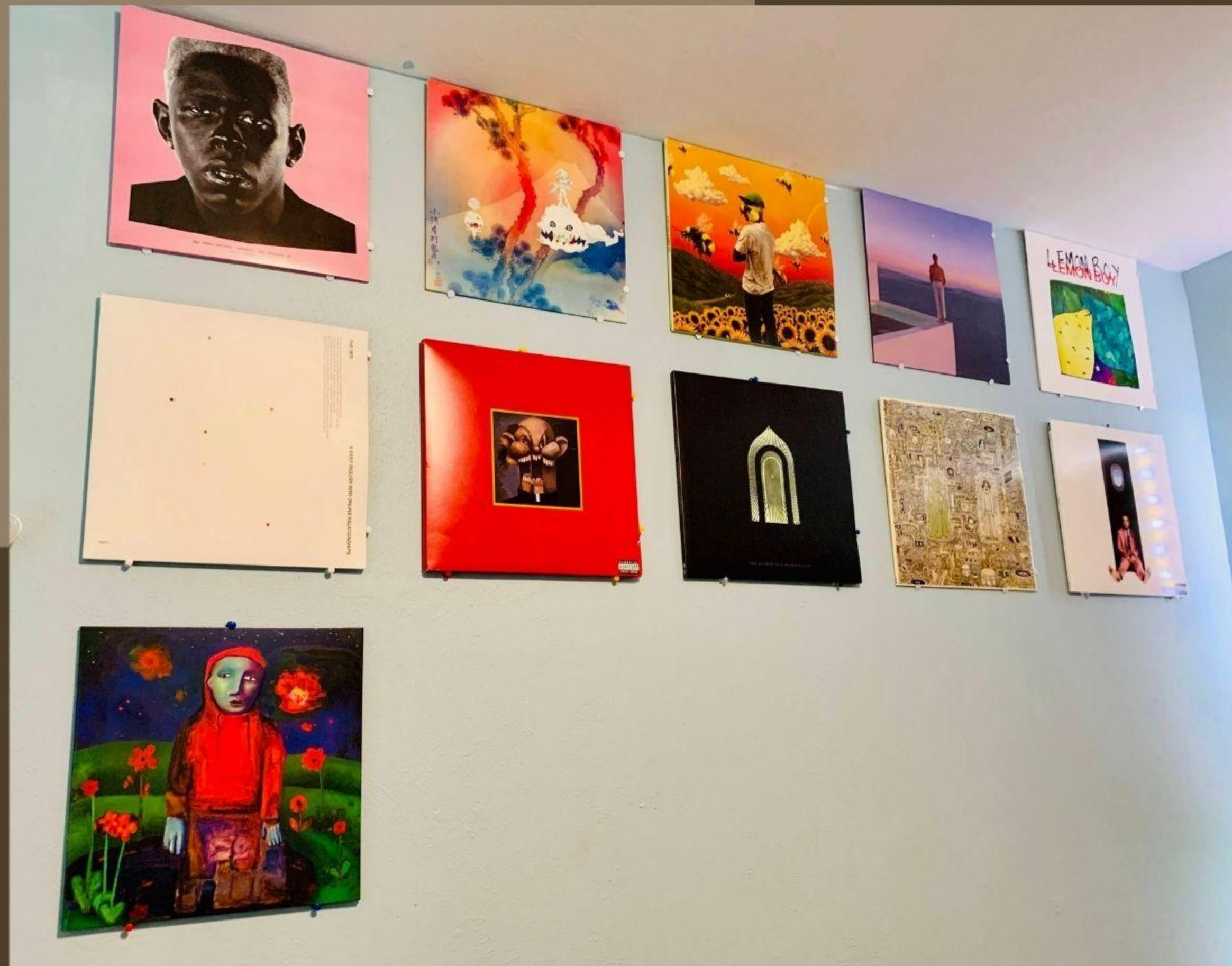


# What do you collect?





# SAM'S RECORD COLLECTION







# JULIE'S JOURNAL COLLECTION

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OCTOBER 24, 2021





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WHY BE THANKFUL?  
HOW DO WE START?



#BLESSED







**NOAH**



**MOSES**



**JOSHUA**



**PAUL**



DAVID:

KING

LINE OF JESUS

WROTE THE PALMS







**17 Now the Philistines gathered their forces for war and assembled at Sokoh in Judah. They pitched camp at Ephes Dammim, between Sokoh and Azekah.**

**2 Saul and the Israelites assembled and camped in the Valley of Elah and drew up their battle line to meet the Philistines. 3 The Philistines occupied one hill and the Israelites another, with the valley between them.**

**4 A champion named Goliath, who was from Gath, came out of the Philistine camp. His height was six cubits and a span.**





**8 Goliath stood and shouted to the ranks of Israel, “Why do you come out and line up for battle? Am I not a Philistine, and are you not the servants of Saul? Choose a man and have him come down to me. 9 If he is able to fight and kill me, we will become your subjects; but if I overcome him and kill him, you will become our subjects and serve us.” 10 Then the Philistine said, “This day I defy the armies of Israel! Give me a man and let us fight each other.” 11 On hearing the Philistine’s words, Saul and all the Israelites were dismayed and terrified.**





**12 Now David was the son of an Ephrathite named Jesse, who was from Bethlehem in Judah. Jesse had eight sons, and in Saul's time he was very old. 13 Jesse's three oldest sons had followed Saul to the war: The firstborn was Eliab; the second, Abinadab; and the third, Shammah. 14 David was the youngest. The three oldest followed Saul, 15 but David went back and forth from Saul to tend his father's sheep at Bethlehem. 16 For forty days the Philistine came forward every morning and evening and took his stand....**





**32 David said to Saul, “Let no one lose heart on account of this Philistine; your servant will go and fight him.”**

**33 Saul replied, “You are not able to go out against this Philistine and fight him; you are only a young man, and he has been a warrior from his youth.”**





**34 But David said to Saul, “Your servant has been keeping his father’s sheep. When a lion or a bear came and carried off a sheep from the flock, 35 I went after it, struck it and rescued the sheep from its mouth. When it turned on me, I seized it by its hair, struck it and killed it. 36 Your servant has killed both the lion and the bear; this uncircumcised Philistine will be like one of them, because he has defied the armies of the living God. 37 The Lord who rescued me from the paw of the lion and the paw of the bear will rescue me from the hand of this Philistine.”**

**Saul said to David, “Go, and the Lord be with you.”**



# WHAT DO YOU SEE....?

- WHAT IS DAVID'S FOCUS?
- WHAT IS IN HIS BANK?



# WHAT IF...?

- WHAT IF WE LIVED THIS WAY?
- WHAT IF WE HAD A FULL BANK?
- WHAT IF WE TAPPED INTO IT?





**Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. ...**

**In positive psychology research, gratitude is strongly and consistently associated with greater happiness.**

**Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.**



# WHAT DOES GRATITUDE DO?

- GIVES US GREATER HAPPINESS
- FEEL MORE POSITIVE EMOTIONS
- RELISH GOOD EXPERIENCES
- IMPROVE OUR HEALTH
- DEAL WITH ADVERSITY
- BUILD STRONG RELATIONSHIPS



# WHAT DOES GRATITUDE NOT DO?

- HARM US
- HURT US PHYSICALLY
- MAKE US FAT
- MAKE US BROKE
- HUMILIATE US
- BREAK UP OUR RELATIONSHIPS



# HOW IS YOUR BANK?



**EMPTY**



**FULL**



# EBENEZER





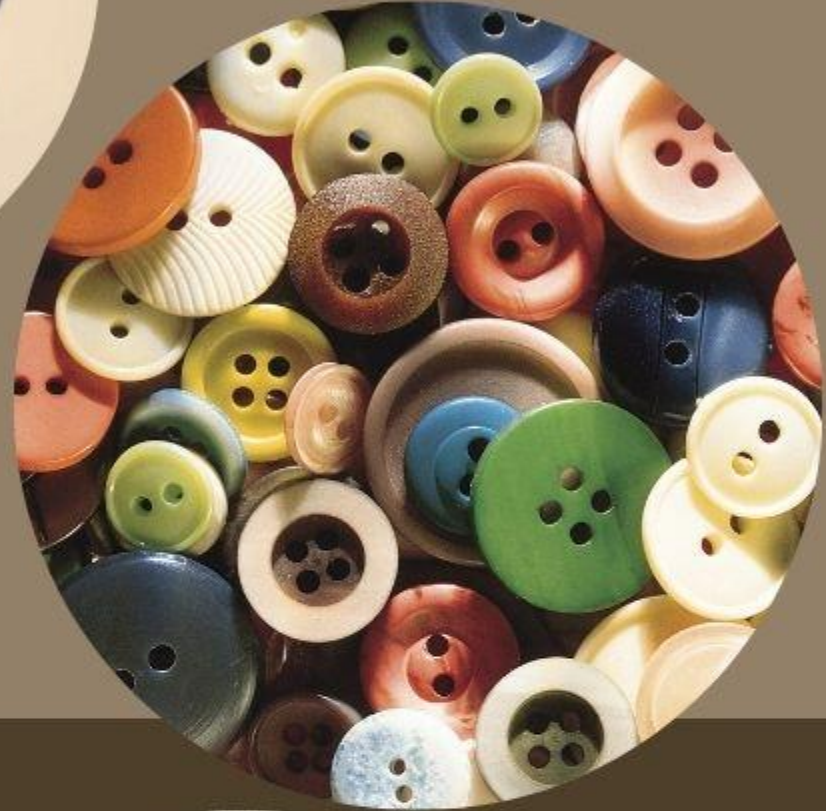


— ASHLEY THE ADVENTURER —



# WHAT WILL WORK FOR YOU?

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HOW  
DO I  
START?



WHO LOVES ME?

WHAT HAVE I  
BEEN GIVEN?

WHAT HAS GOD  
GOTTEN ME  
THROUGH?

HOW AM I  
EVEN HERE?





WHAT ARE  
YOU  
THANKFUL  
FOR?