



View

# Epistles

1 Thessalonians 5.16-19

Grace and peace to you Mt. View kids!

How many of you are counting down the days until Thanksgiving? I am! I wonder what your favorite part of Thanksgiving is?

As Christians, Thanksgiving always reminds us of how much we have to be grateful for. In a letter to the Thessalonian (Thes-a-lone-e-an) people, in the New Testament, it says:

*"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. Do not quench the Spirit. "*

Talk with your family for a minute: Do you think it is possible to give thanks always? What about when you are angry or upset? What about when you have something to be sad about? Can you give thanks even then?

To give thanks always means to live each day with gratitude to God. That doesn't mean we don't get angry or frustrated too. There have been a lot of frustrating and hard things with online school and social distancing this year. Can we practice giving thanks for the good things at the same time though?

Maybe over the next week until Thanksgiving, your family can find a little time each day to talk about the things you are thankful for. And remember, it is God who has given us everything! God gave us life itself, God gives what we need for food and shelter, and God even gave us the people in life that we love so much. So when you pause to give thanks, remember that it is God who your gratitude always goes to.

Shalom my friends!

*Pastor Bri*

P.S. – In your envelope, you will find a fun coloring sheet that can help you think about those things you are thankful for.