



Thank you for downloading the
CQ Rewind - Summary Only Version!

Each week, the **Summary Only** version provides you with approximately 4 pages of brief excerpts from the program, along with Scripture citations.

If you would like to receive the **CQ Rewind FULL EDITION** at no charge, simply sign up at www.ChristianQuestions.net.

The **FULL EDITION** of approximately 10-12 pages includes comprehensive excerpts from the program, fully quoted Scriptures, graphics, illustrations, and even extra study points that time prevented us from covering during the live program.



Is Your Life a Thankful Life?

Psalms 118:24: (NASB) *This is the day which the LORD has made; Let us rejoice and be glad in it.*



The Thanksgiving holiday - it is a most misunderstood and misapplied American tradition. We all love the day off, the gathering of families and friends, the abundant food and the design of the day for leisure, but what was it originally? What was the reason for that original feast back in 1621 and what was the intention of the United States government in maintaining the November celebration? Stay with us as we look into some history, some Scriptures, some music and even some humor as we focus on Thanksgiving. Is it just a holiday or is it a way of life?

Today we are living in a land of plenty, where the whole idea of "need" has been dramatically redefined to fit a more ancient definition of "want."

(Source: Excerpts from <http://www.rootsweb.ancestry.com/~netlapm/Page31X.htm>)

The Pilgrim story is an adventure that has become the best known part of the American-Dutch heritage. The Pilgrims, fleeing from religious persecution in England, found refuge in Leiden in The Netherlands before they emigrated in 1620 on the "Mayflower" to America, where they established Plymouth Colony, the first sustained English settlement in New England. The stirring story of their migration, their years of exile in Holland, and the early years of their colony is told by Governor William Bradford in his memoirs, "Of Plymouth Plantation," which many consider the first monument of American literature. The well-known "Mayflower Compact," drawn up by the Pilgrims onboard ship to serve as the basis of their future legal and social organization is an early example of a social contract; it was heralded by John Quincy Adams as a fore-runner of ideas developed in the Constitution of the United States of America.

The Pilgrims were Calvinist dissenters from the state Church of England (the Anglican Church)... Known as "Separatists," they withdrew from the church which they believed was tainted by continuation of traditional but non-biblical ceremonies. In this the Pilgrims differed from other Calvinists who remained in the Church of England to purify it, who are known as "Puritans." The idea of separation from the state church was launched in England by Rev. Robert Browne of Corpus Christi College, Cambridge. Later Separatists were called "Brownists" by their opponents (as is seen in Leiden's refusal to extradite the Pilgrims' pastor John Robinson in 1609).

Browne had preached anti-establishment sermons as early as 1578, and soon he and his followers fled to Middelburg in The Netherlands. In 1582, under the influence of Dutch Mennonites (whose congregations had already existed separately before the Dutch Reformed Church became dominant), Browne published two tracts arguing for separation and for congregations with freely-entered mutual covenants allowing all members to select the pastor and lay leaders democratically. In 1593 Rev. John Penry, a friend of William Brewster's, was executed for publishing anti-Anglican pamphlets; Separatists who refused to conform with the state church were threatened with banishment, while at the same time leaving the country peacefully was prohibited them...

Thanksgiving (Part 1), *I Thank You, Johnny Cash*

- *On Thanksgiving Day a family sat down to have their meal. There was very little on the table, a few things from the field. No turkey, fancy dressing. Some bread and a little beans, for the crops had been a failure and the times were pretty lean. The father bowed his head, it was their habit to say grace, and a calmness came over his bland and wrinkled face. "Dear Lord," he said, "we thank you for the sun that was warm today. And we thank you for the singing of the birds and the laughing of the children as they played. And thank you for that neighbor of mine that fixed my plow. Thank you for that old plow horse. We sure could use a cow."*

Put the concept of thanksgiving in perspective with the other most important things:

1 Thessalonians 5:16-25: When we put thanksgiving in perspective, we can reap the priceless benefits of faith and sanctification.



Where does Thanksgiving begin?

Thanksgiving to God begins with our acknowledgement of His greatness and our insignificance: [Psalms 86:1-4](#)

(Source: www.pilgrimhall.org) **The Voyage of the Mayflower and the Speedwell**

The Leiden Separatists bought a small ship, the Speedwell, in Holland. They embarked from Delftshaven on July 22, 1620. They sailed to Southampton, England to meet the Mayflower, which had been chartered by their English investors. There, other Separatists and additional colonists joined them.

On August 15, the Mayflower and Speedwell set sail for America. The Speedwell leaked so badly that both ships turned back to England, putting in first at Dartmouth and then at Plymouth. Finally, on September 16, 1620, the Mayflower set sail, alone, for America.

The Mayflower was a sizable cargo ship, around 100 feet in length. She had served many years in the wine trade. With the crowding of 102 passengers plus crew, each family was allotted very little space.

The 66-day voyage was frequently stormy. At one point, a main beam cracked and had to be repaired using a large iron screw. When the passengers sighted Cape Cod, they realized that they had failed to reach Virginia, where they had permission to settle. The season was late, however, and supplies of food and water were low. They could go no further.

Thanksgiving to God continues in faith and praise: [Psalms 86:5-8](#): God is THE Creator that can answer prayer because everything else is just the imaginations of man.



Intentional gratitude, [Gratitude Rewires Your Brain, dickrauscher.com](#)

- *When we intentionally focus our attention on gratitude, science is showing us that what we are literally doing is we are in the process of rewiring our brain to more easily take in gratitude. In other words, the more we see gratitude, the more we pay attention to the happy things and the things that we're grateful for, the more our brain actually begins to see it, to look for it. In other words it becomes more "Velcro-y" if you will.*

Intentional gratitude helps to rewire the brain to more easily take in gratitude - see it and the brain looks for it!



20-30x more input, [Gratitude Rewires Your Brain, dickrauscher.com](#)

- *Because of the way our brain is hard wired, we pay attention and we take in the bad almost immediately but we need an estimated 20-30 times as long to take in and digest, in other words, to breathe in, the good. And that's of course assuming we even see it. So when you first begin working with gratitude you have to slow down. You have to breathe it in. You have to let it get into your consciousness. The more time you can take to breathe that in and really pay attention to it, the more that you are going to be rewiring your brain.*

Meditating upon God and praying are great tools to help us rewire our brains. Intentionally choose gratitude!

Gratitude marvels at the magnitude of His plan for all as well as His attention to one lowly soul: [Psalms 86:9-12](#)

When was the first "governmental" Thanksgiving Proclamation?

(Source: www.pilgrimhall.org)

There are two (and only two) primary sources for the events of autumn 1621 in Plymouth: Edward Winslow writing in *Mourt's Relation* and William Bradford writing in *Of Plymouth Plantation*.

Edward Winslow, *Mourt's Relation*: (In modern spelling) ...our harvest being gotten in, our governor sent four men on fowling, that so we might after a special manner rejoice together,



after we had gathered the fruits of our labors; they four in one day killed as much fowl, as with a little help beside, served the Company almost a week, at which time amongst other recreations, we exercised our arms, many of the Indians coming amongst us, and amongst the rest their greatest King Massasoit, with some ninety men, whom for three days we entertained and feasted, and they went out and killed five deer, which they brought to the Plantation and bestowed on our Governor, and upon the Captain and others. And although it be not always so plentiful, as it was at this time with us, yet by the goodness of God, we are so far from want, that we often wish you partakers of our plenty.

Realize that God is worthy of universal thanks: [Psalms 107:21-22](#)

Realize that God doesn't need our "things" or our lip service - He wants our sincerity! [Psalms 50:7-14](#): Once we give our heart in gratitude to God, our life changes for the better!

Even long before there was the Proclamation of the Continental Congress, there was this in 1623...three years after the pilgrims landed! Inasmuch as the great Father has given us this year an abundant harvest of Indian corn, wheat, peas, beans, squashes, and garden vegetables, and has made the forests to abound with game and the sea with fish and clams, and inasmuch as He has protected us from the ravages of the savages, has spared us from pestilence and disease, has granted us freedom to worship God according to the dictates of our own conscience. Now I, your magistrate, do proclaim that all ye Pilgrims, with your wives and ye little ones, do gather at ye meeting house, on ye hill, between the hours of 9 and 12 in the day time, on Thursday, November 29th, of the year of our Lord one thousand six hundred and twenty-three and the third year since ye Pilgrims landed on ye Pilgrim Rock, there to listen to ye pastor and render thanksgiving to ye Almighty God for all His blessings.

--William Bradford, Ye Governor of Ye Colony

The government set aside a Thursday for three hours to stop and focus on God Almighty for the blessing He gave them. [Psalms 100:1-5](#)

(Source: www.pilgrimhall.org) The Very First Thanksgiving Proclamation made by the Continental Congress: IN CONGRESS November 1, 1777: FORASMUCH as it is the indispensable Duty of all Men to adore the superintending Providence of Almighty God; to acknowledge with Gratitude their Obligation to him for Benefits received, and to implore such farther Blessings as they stand in Need of: And it having pleased Him in His abundant Mercy, not only to continue to us the innumerable Bounties of his common Providence; but also to smile upon us in the Prosecution of a just and necessary War, for the Defense and Establishment of our unalienable Rights and Liberties; particularly in that He hath been pleased, in so great a Measure, to prosper the Means used for the Support of our Troops, and to crown our Arms with most signal success: **(It's ALL about God!)** It is therefore recommended to the legislative or executive Powers of these UNITED STATES to set apart THURSDAY, the eighteenth Day of December next, for SOLEMN THANKSGIVING and PRAISE: That at one Time and with one Voice, the good People may express the grateful Feelings of their Hearts, and consecrate themselves to the Service of their Divine Benefactor; and that, together with their sincere Acknowledgments and Offerings, they may join the penitent Confession of their manifold Sins, whereby they had forfeited every Favor; and their humble and earnest Supplication that it may please GOD through the Merits of JESUS CHRIST, mercifully to forgive and blot them out of Remembrance...**The last paragraph states:** And it is further recommended, That servile Labor, and such Recreation, as, though at other Times innocent, may be unbecoming the Purpose of this Appointment, be omitted on so solemn an Occasion.



Thanksgiving (Part 2), I Thank You, Johnny Cash

- *"Thank you for the muscle. I understand the ache. Just let me have your blessing on all I undertake. And I thank you for this country, too. We've troubles now and pain, but with Your help, Lord, we'll get back to where the road is smooth again. And thanks for all the love we've got and the strength to work my land. For there's nothing, Lord, I can't do if You lend a helping hand. Thank you for my good wife, Lord, and the children that I've got. They love me for the things that I am and they forget the things I'm not. And if somebody's down and out, Lord, and they're praying You with heed, just send them over to see me, Lord, I've got more than I need."*



True thanksgiving is a result of action on our part in doing those things that we are obligated to do: Psalms 116:12-16: What shall I render to God for all His benefits towards me? What is our answer? Should this lead us to action? Should we be living thankfully?

This gives substance to our sacrifices of Thanksgiving: Psalms 116:17-18
Psalms 92:1-4: Gratitude can be day and night, creatively expressed through instruments, sung or spoken out loud, and meditated upon. We have to rewire our life to be focused on gratitude.

How did Thanksgiving turn into a perpetual American holiday?

 History of Thanksgiving Day, studiesweekly.com

- *Thanksgiving, as we know it today, was made possible largely by the efforts of a nineteenth century writer named Sarah Josepha Hale. She was America's first female magazine editor and author of the famous nursery rhyme, Mary Had A Little Lamb. During the Civil War, Hale was convinced that a national Thanksgiving Day would awaken in American hearts the love of home and country, of thankfulness to God, and peace between brethren. She wrote letters to governors and even to President Abraham Lincoln. A few days after receiving her letter on October 3rd, 1863, President Lincoln issued a proclamation declaring the last Thursday of November to be Thanksgiving Day.*

Gratitude is a choice of perspective and creates value in a difficult experience.

Psalms 116:12-18: We owe God! We ought to be willing to live our thankfulness outwardly and consistently! All God really wants is our heart. We can live and die in gratitude.

 Rewiring takes time, [Gratitude Rewires Your Brain, dickrauscher.com](http://GratitudeRewiresYourBrain.com)

- *The spiritual practice of intentional gratitude allows us to move beyond the agitation of our incessantly thinking mind. Our mind is always thinking about something. Always feeling something. One emotion right after the other. As soon as we begin to practice gratitude, we begin to see more deeply and to see the amazing reality of the world around us. It opens our heart and it allows us to embrace the awe, the joy, the amazement, of simply being alive. At those moments of intentional gratitude as they increase and slowly rewire our brain for happiness, it will change what you see in your world.*

How can we make thankfulness more relevant in our lives?

1. Be aware of your surroundings and choose the environment that you want your mind to flourish in: Psalms 1:1-3

2. Make a conscious effort to focus on Thanksgiving at a time when giving thanks can be high priority: Psalms 4:3-8

3. Live firmly in the present - not with one foot in the past or the future: Exodus 16:1-3: How small did they think God was? Did they think he would miraculously deliver them only to starve them later? Interesting how their "selective memory" only focused on one thing: food! This warns us that we have a tendency to think this way, too.

Psalms 136:1: (ESV) Give thanks to the Lord, for He is good, for His steadfast love endures forever.

Stop, look, listen and thank our Heavenly Father for what He has done for us. Let's give Him our hearts every day.

*So, is your life a thankful life?
For Jonathan and Rick and Christian Questions...
Think about it...!*