

FBC Today

U N L E A S H I N G T H E G O S P E L **ENGAGE | ENCOURAGE | EDIFY**



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| Physical & Youtube |
Sundays 8:45am / 11:15am

YOUTH SERVICE
| Physical |
Sundays 9:00am

SUNDAY SCHOOL
For Ages 3 to 12
(Preschool to std 6)
Physical Classes
8:45am / 11:15am

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THIS ISSUE**

ARTICLE
**Thanksgiving
Everyday**

PRAYER SPOTLIGHT
**Prayer for All Women
in FBC**

THANKSGIVING EVERY DAY

Thanksgiving is a very important subject in the Bible. There is no shortage of scriptures on thanksgiving in the Old Testament and in the New Testament.

The Book of Psalms, in particular, is full of verses on thanksgiving. The instruction "Give Thanks" appears 128 times in 62 verses.

NEXT WEEK'S SERMON
February 25, 2024
Called to Disciple Each Other
Hebrews 19:19-25
PREACHER
I Ching Thomas

PULPIT PROGRAM
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More information will be available soon, watch this space.

We are asked to give thanks not based on our circumstances but on who God is. Our thanksgiving is a response to God's boundless grace and unfailing love. Thanksgiving brings pleasure to God. Therefore we should not just set aside one day each year (Thanksgiving Day) to give thanks to God. Instead, we should set aside time every day to thank God. That is why I titled my devotion "THANKSGIVING EVERY DAY".

It is not easy to give thanks to God. Very often we feel grateful and this is an attitude or emotion. Giving thanks is an imperative action and we have to be intentional.

We are always too busy to express out loud, words of thanksgiving or we don't think that it is important or necessary. We take God, people, and blessings for granted. Even if we do remember to thank God, it is often a very general expression of thanks.

I must confess that before I retired, quiet time was done as a duty and very hurriedly because I was busy with responsibilities of work and family commitments. In hindsight and after an honest self-check, I confess that I was guilty of having wrong priorities and bad time management. I thank God for my choice to retire in Feb 2019 so that I can have more time for God and my family, especially my children and grandchildren. When I was working, I had to leave my house at 6.30 am to escape the traffic jam and also to get a good parking lot in the college.

After retirement, at 6.30 am I started going for early morning walks which later became prayer walks. This was a



priceless and wonderful daily TIME ALONE WITH GOD, communing with Him and enjoying His creation and His presence. During my morning prayer walks, I use the ACTS prayer method.

The acronym ACTS stands for Adoration, Confession, Thanksgiving, and Supplication. In Adoration I praise God for who He is and acknowledge His Omnipotence. For Confession, I pray for forgiveness for doing things that I do not want to do and failing to do the things that I want to do. When I first started these prayer walks, my Thanksgiving was very brief, shallow, and general. A lot of time was spent in Supplication because of many prayer requests.

In March 2020 when the pandemic and the lockdowns started, I had a lot of time to read and meditate on God's Word. I learned to be still and quiet so that I could hear God's still small voice more clearly. As I grew closer to God, I became more sensitive and more obedient to the promptings of the Holy Spirit, our wise counsel, guide, helper, and comforter.

This was the start of my journey of thanking God every day. The Holy Spirit convicted me of how arrogant I was in my younger days when I rejected the good news of Jesus Christ saying that I didn't need Him.



I thank God for not giving up on me and for patiently and lovingly pursuing me. I thank God for softening my heart, removing my pride, and bringing me to my knees, confessing that I am a sinner in need of a Savior. I thank Jesus Christ for being my Redeemer reconciling me to God and giving me the privilege of calling Him, Abba Father.

As I read God's word, the Holy Spirit teaches me to thank God for who He is and to see all His attributes. I thank God for the blessings of His beautiful creation. The Holy Spirit leads me to count my blessings, big and small. I thank God that I am fearfully and wonderfully made and that He has a purpose for me. I thank God for the blessing of family, friends, and the church community. I thank God for His provision of food, shelter, clothing, good health, peace, and protection, The list is endless.



I discovered the joy of expressing my thanksgiving in words aloud to God. On certain mornings when my heart overflowed with praise and thanksgiving, I just gave thanks in my one-hour morning walk. There was no time for supplication!!! Very often throughout the day, my heart would again burst out in thanks because of a smile from a stranger, an easy parking lot in a busy area, acts of unexpected kindness, an answered prayer, a revelation from our daily bread devotion or fellowship with friends over a simple meal.

God gave me opportunities to share His faithfulness and provisions in the different seasons of my life. I had experienced many personal encounters with God, tasted His goodness, and enjoyed His amazing grace. I wanted my loved ones, friends, and acquaintances to hear of this Living God. My prayer is that they will come to know God personally and enjoy His everlasting love. I am still learning to express thanks to the many people whom God has used to bless me and to tell them that they are blessings from God.

Because of my close relationship with God and my daily practice of thanksgiving, my faith and trust have grown significantly. Each day I enjoy peace which is beyond human understanding.



I have become humble and more dependent on God. I have also learned to be more caring, forgiving, and compassionate.

Nowadays when faced with difficult situations, I run to God for wisdom, discernment, and strength. When I encounter negative or critical people, instead of being upset by them, I pray that God will bless them and minister to them. I remind myself that I cannot please everyone. I just need to please God alone.

Dear brothers and sisters, our Heavenly Father loves us dearly and cares for our wellbeing. If He commands us to give thanks in all circumstances, let us be obedient and set aside time every day to give thanks to God. As we see and remember the greatness and goodness of God and thank Him, this will change the trajectory of our lives. There are many benefits to reap from Thanksgiving every day. Let me share some of these benefits.

1. Thanksgiving enables us to glorify God

Psalm 9:1

"I will give thanks to you, Lord, with all my heart; I will tell of all Your wonderful deeds."

Psalm 69:30

"I will praise God's name in song, and glorify Him with thanksgiving"

2. Thanksgiving is the will of God

1 Thessalonians 5:16-18

"Rejoice always, pray continually, and give thanks in all circumstances; for this is God's will for you in Christ Jesus"

3. Daily thanksgiving gives us access to God's presence

Psalm 28:7

"The Lord is my strength and my shield; my heart trusts in Him, and He helps me. My heart leaps for joy, and I burst out in songs of thanksgiving."

Thanksgiving keeps us continually aware that God's presence is in our lives.

4. Joy and thanksgiving go together.

In Psalm 100, we see joy in v1: Shout for joy to the Lord, all the earth. and thanksgiving in v4: Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.

A thanksgiver cannot be held captive by the spirit of despair, frustration, or sadness.

As we begin to thank God, negative feelings of sadness, moodiness, and depression disappear. Joy is released. The more we thank God, the more joy that is released in us.

5. Thanksgiving brings balance to our spiritual life, especially our prayer life.

Colossians 4:2

Devote yourselves to prayer, being watchful and thankful"

Imagine a prayer or spiritual life without thanksgiving! It will be a selfish exercise about asking and receiving without appreciating God, the giver of all things. That means we'll just show up before Him, collect all we need, and just disappear only to reappear, collect, and disappear – and the cycle continues. We shall all be a bunch of ungrateful people

6. Thanksgiving keeps us humble and brings contentment

When we give thanks to God, we acknowledge that He is Jehovah Jireh the Lord who provides. Every good and perfect gift comes from Him. Everything that we have, even our very breath, comes from Him. He is El-Shaddai, the All-Sufficient and Almighty God

Psalm 23:1

"The Lord is my shepherd, I lack nothing."



7. Thanksgiving gives us strength amid adversity

In our broken and sinful world, none of us escape challenges or problems which can be very overwhelming. We are not expected to thank God for things that are inconsistent with His nature for example accidents, illnesses, broken relationships, or financial difficulties. However, we can choose to thank God for His unfailing love and care and the many promises in the Bible.

Luke 12:7

"Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows."

Psalm 91:11

"For He will command His angels concerning you to guard you in all your ways"

Even though we don't understand what is happening, we can thank God for what He has done for us in the past. By faith, we trust that He will help us bear the pain, and get through the sorrow, heartache, or loss because He is sovereign and nothing is too difficult for Him.

Jeremiah 32:7

"I am the Lord, the God of all mankind. Is anything too hard for me?"

Psalm 147:3

"He heals the brokenhearted and binds up their wounds."

We can thank God for His promise to be our strength and comfort. He is faithful and will never leave us nor forsake us.

Isaiah 41:10 – “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

Psalms 23:4 – “Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.”

We can choose to focus on God rather than our circumstances. Then we will enjoy peace.

Isaiah 26:3 – “You will keep in perfect peace those whose minds are steadfast because they trust in You.”

Philippians 4:6-7 – ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Brothers and sisters, these are just some of the benefits of Thanksgiving and we know that all the promises of God are YES and AMEN in Jesus' Name.

So how should we respond to God's command to “Give Thanks”?

Let us thank and praise God in all circumstances every day

Ephesians 5:20 – “Always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ .”

Let us count our blessings

Let us count our blessings, name them one by one.

Let us count our blessings, see what God has done.

Let us count our blessings, name them one by one,
and it will surprise us what the Lord has done.

Let us offer sacrifices of thanksgiving daily

Psalms 107:21-22 – ²¹ Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind. ²² Let them sacrifice thank offerings and tell of his works with songs of joy.

Let us pray:

Heavenly Father, thank you for all the blessings that You have showered on us this past year. Give us hearts of thanksgiving today and every day of our lives. Help us to respond by loving You with all our heart, all our mind, all our soul, and all our strength, and to love our neighbor as ourselves. Grant us the willingness and joy to become living sacrifices and to bring glory to Your Name.

In Jesus' Name, we pray, AMEN.



by Grace Yap

Grace Yap co-leads the Sisters in Christ Discipleship Group with Pearly Yeoh and Phyllis Yew

Prayer for **All Women in FBC**

- May they attain a close and intimate relationship with God by spending time communing with Him and being still to hear His voice.
- May they hunger for God's Word and allow the Word to transform them to be more Christ-like.
- May they clothe themselves with compassion, humility, gentleness, and patience in character and exhibit them in their relationship with others.
- May they be willing to be used by God and be ready to serve Him joyfully, sacrificially, and lovingly.

