

# Gospel Gazette

Salt Lake City Mission, P.O. Box 142, Salt Lake City, UT 84110 - Phone 801-355-6310

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## GIVE THANKS



## LOVING KINDNESS



## WHAT MATTERS



## WHY PRAISE?

by Charles F. Stanley

When you gather with your family this Thanksgiving, will you set aside time to express gratitude to God for the blessings He's given you? [Psalm 92:1](#) says, "It is good to give thanks to the LORD, and to sing praises to Thy name, O Most High." Expressing our appreciation and worship—not only at Thanksgiving, but all year long—causes an amazing transformation in the life of a believer. Let me share with you seven different reasons why praise and gratitude are so beneficial to us.

**First, praise helps us readjust our focus.** Our culture pushes us to "be more, do more and get more." Tension, stress, and pressure distract us from God. Unless we renew our focus on the Lord, we have a tendency to drift away from our first priority in life. Our thinking, our interests, and our use of time become self-centered instead of Spirit-led. Praising and thanking the Lord changes that. When we praise Him, we remember that our lives should center around God. We recognize if our lives are off track, and we are motivated to get our hearts right with the Father. Praise refocuses us on eternal matters.

**Second, praise reminds us of our dependence on the Lord.** When we thank God and praise Him, we remember how much we need Him. No one in the world—whether that person is a believer or not—can survive independently of the Lord for a single moment. In the blink of an eye, He can stop a heart from beating. He can prevent us from taking our next breath or from waking up tomorrow. A person's actions may express the independence of his spirit, but every person alive is dependent on his or her Creator. Praise reminds us of our need to rely completely on the Lord.

**Third, praise releases us from our anxieties.** I believe one of the avenues God provides for us to be physically and mentally healthy is for us to engage in thanking and praising Him. Whole-hearted, genuine praise drives out tension. The next time you feel anxious and on edge, just begin to praise God. What if you don't feel like praising Him? Do it anyway. Thank Him for who He is and what He's done for you, and I guarantee you'll lose some of your anxiety and tension.

**Fourth, praise refreshes our relationship with God.** The distractions we face daily can interfere with the closeness of our fellowship with the Lord. He never leaves us, but we may *feel* distant from Him. There is something about praising Him and thanking Him that refreshes and renews our relationship—our oneness and our intimacy with Him. Praise enables us to renew our emotional connection with God and restore our passion for Him.

**Fifth, praise refines our spiritual perception.** As you praise, God sharpens your ability to understand who He is and what He is like. You begin to understand the deep things of God. I believe a person who consistently fails to express whole-hearted praise will never reach his or her spiritual potential. Our ability to discern spiritual truth also decreases when we neglect to offer gratitude to almighty God.

**Sixth, praise reinforces our faith.** One of the best ways to have your faith strengthened is to spend time praising and thanking God for what He has done in your life. If you hit a dry period in which nothing seems to be happening spiritually, begin to praise your heavenly Father. Recall His blessings. Think about specific ways God has answered your prayers, met your needs, protected you, and worked in your life. You say, "But I don't know how to praise God." Simply tell Him that. He understands. If you ask your Father for help, He'll show you how to adore and thank Him.

**Seventh, praise rejoices our spirits.** When you and I lose ourselves in who God is and what He is doing, He fills us with a tremendous, incomparable joy. You see, the truth is that it's impossible to give to the Father without getting something in return. Even when we focus solely on the Lord, making Him the center of our thoughts and expressing our adoration, we can't give more generously than God. We end up benefiting from the praise and thanksgiving we offer to Him.

[Happy Thanksgiving!](#)

## Reasons Not To Mess With Children

1. A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large, mammal its throat was very small. The little girl stated that Jonah was swallowed by a whale. Irritated, the teacher reiterated that a whale could not swallow a human; it was physically impossible. The little girl said, "When I get to heaven I will ask Jonah". The teacher asked, "What if Jonah went to hell?" The little girl replied, "Then you ask him."

2. The children had all been photographed, and the teacher was trying to persuade them each to buy a copy of the group picture. "Just think how nice it will be to look at it when you are all grown up and say, 'There's Jennifer, she's a lawyer,' or 'That's Michael, He's a doctor.' A small voice at the back of the room rang out, "And there's the teacher, she's dead."

3. A Kindergarten teacher was observing her classroom of children while they were drawing. She would occasionally walk around to see each child's work. As she got to one little girl who was working diligently, she asked what the drawing was. The girl replied, "I'm drawing God." The teacher paused and said, "But no one knows what God looks like." Without missing a beat, or looking up from her drawing, the girl replied, "They will in a minute."

4. A Sunday school teacher was discussing the Ten Commandments with her five and six year olds. After explaining the commandment to "honor" thy Father and thy Mother, she asked, "Is there a commandment that teaches us how to treat our brothers and sisters?" Without missing a beat one little boy (the oldest of a family) answered, "Thou shall not kill."

5. A teacher was giving a lesson on the circulation of the blood. Trying to make the matter clearer, she said, "Now, class, if I stood on my head, the blood, as you know, would run into it, and I would turn red in the face." "Yes," the class said. "Then why is it that while I am standing upright in the ordinary position the blood doesn't run into my feet?" A little fellow shouted, "Cause your feet ain't empty."

6. The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun made a note, and posted on the apple tray: "Take only ONE. God is watching." Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies. A child had written a note, "Take all you want. God is watching the apples."



## How is the Salt Lake City Mission different from other organizations?

We are a Non-Denominational Christian Church/Mission established by God, build upon the Rock of God and Christ Jesus. Jesus Christ is the Founder and Head of this Ministry and we are not ashamed to give Him the Headship and recognition that He deserves in our publications and on our website. Lord Jesus Christ is the Chief Overseer, Chief Chairman of the Board of Trustees, Chief Shepherd, King of Kings, Lord of Lords and Lord of All...

We are truly good stewards of God with only a 5.1% Administrative Expenses. We are audited annually by an Independent out of State auditor Dante Montoya, Assurance/Tax Consultant, Certified Public Accountant, 1420 Canyon Avenue, Richland, Washington 99352. We also annually report to the Utah Department of Consumer Protection, Better Business Bureau, Dunn & Brad Street, GuideStar.org "Charity Check". Click Here to see Audited Financial Information "Available to all" for 2008 - 2009.

We are a members in good standing and have been since 1997, with the Association of Gospel Rescue Missions a 300 + Nationwide Rescue Mission Organization.

We love to serve Jesus! He said what ever you do unto the lease of these my brethren you have done unto me.

We not constrained by any time limits with our clients. Because of a government funding vehicle. We are willing to work with our clients as for as long as it takes as long as they are progressing. We do not enable them but work at their pace. Our entire staff consists of experienced, trained and skilled individuals: With personal first hand experience and expertise in restoration.

Our Executive Staff are all Ordained Ministers and the rest of our staff are Ministers in training. Who have all had prior chronic sin addiction problems and have won victory overcoming them through the life changing power of a personal relationship with the Lord Jesus Christ, evidenced with their lives and a powerful testimony of the life changing power of Jesus Christ.

