

## ***Thanksgiving—Psalm 100***

### **WWT Board of Directors Devotion**

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Exactly one week ago today was Thanksgiving. A day set aside to be thankful! This is a good thing, right? Now I can only speak for myself, but there are so many other things going on in preparation for Thanksgiving, during Thanksgiving, and especially cleaning up after Thanksgiving that sometimes I'm just thankful its over! And now, Christmas is right around the corner...so here we go again! The to-do lists and tasks can start piling up and feel overwhelming. I am probably not the only person who has feels like this, right?

This time of the year brings a whole host of feelings, many positive but some not so much. Not only do we have the addition of holiday parties and celebrations to our calendars, but our business year is wrapping up. The rush to finish the year strong, closing year-end deals and finalizing next year's budget, all at the same time. It is natural that anxiety begins to find its way into our thoughts.

In our devotion regarding *Mission* earlier this year we studied Matthew 6:33, "But seek first the Kingdom of God and His righteousness, and all these other things will be added unto you." You may recall that in this portion of Scripture, Jesus is addressing a very important concern of His audience then, as well as now, anxiety! Not much has changed in 2,000 years has it?

In the same section of Scripture (Matthew 6:27), Jesus asks a very important question, "Can any one of you by being anxious add a single hour to your life?" The answer is a resounding NO. In fact, the opposite is true. Anxiety reduces the quality and quantity of your life. While I could quote many studies, we know this to be intrinsically true. Here is another truth, you can increase the quality and quantity of your life by being thankful frequently. This is the power of "***Thanksgiving!***"

What about at work? What is the impact of *Thanksgiving* at work? For one, we are more productive, while anxiety cannot add an hour to our life, a few minutes of gratitude can be a force multiplier. Studies indicate that those who write down what they are thankful for weekly increase their optimism by 5%. Moreover, doing this on a daily basis increases our optimism by 15%! Optimism is a force multiplier helping us to accomplish much more than we would without *Thanksgiving*.

*Thanksgiving* is contagious. As leaders, we have an opportunity and a duty to model *Thanksgiving* for those entrusted to our care, demonstrating how to be thankful by showing our gratitude regularly. It is easy to lose sight of being thankful for the work and efforts of others as we pursue the next milestone. Frankly, there will always be more to do, another deadline, and another earnings goal. Waiting until a seemingly never-ending flow of goals and objectives are attained before expressing our gratitude is not a force multiplier, it is a force divider and a fatigue generator.

*Thanksgiving* flows from the realization that this life, with all its challenges and blessings, is a true gift from God. Psalm 100 exemplifies this *Thanksgiving* attitude: "Make a joyful noise to the Lord, all the earth! Serve the Lord with gladness! Come into His presence with singing! Know that the Lord, He is God! It is He who made us, and we are His; we are His people, and the sheep of His pasture. Enter His gates with thanksgiving, and His courts with praise! Give thanks to Him; bless His name! For the Lord is good; His steadfast love endures forever, and His faithfulness to all generations."

Please join me in prayer: Heavenly Father, thank you for the gift of this day and every day. Thank you for the thousands of men and women whom you have uniquely gifted and called to be part of the WWT extended family. Thank you for their precious families and ours. Even when there is much to do, help us to encourage one another and build each other up with a spirit of gratitude. We pray this in Jesus name. AMEN.