

December 10, 2023

Two Words That Transform

by Rickie Jenkins

Two powerful words: “Thank You!” Those two words have the power to transform. Paul would repeatedly write in his letters how thankful he was for the people to whom he was writing. He would say, “I thank God for my remembrance of you.”

Research shows that thankful people are happier and experience better health. “Thank you” is also a good stress reducer. It is hard to have high blood pressure and be thankful. Thankfulness quiets the troubled spirit. It is also hard to be thankful and stressed at the same time. Thankfulness and appreciation are good for us personally, and for those with whom we interact. Thankfulness is like a muscle. The more often we do it the more thankful we are.

Look again at what Paul will say, “I thank my God upon my remembrance of you.” Remembering someone and something they did produced a heart of thankfulness in Paul. When we reflect on something good someone has done for us, we should be thankful. When we remember an experience, we are brought to thankfulness. When we remember that person who lifted us out of darkness, we are moved to be thankful.

A few years ago, when I was in a stupor, I called a close advisor to share my woes. He told me to find ten people who had done something for me and go and tell

them, “Thank you.” I did, and then I realized why he told me to do that. By remembering what the people had done for me, it changed my focus. I began to focus on all the things for which I was thankful rather than the thing that was affecting me and producing the dark stupor. It changed my mind. It was transforming.

Zig Ziglar had a gratitude wall. I saw it. He would say, “I am thankful for everyone on that wall. Some of them for the good they did for me and some for other reasons. But I am still thankful.”

Maybe this is not you, but don’t we tend to focus just on the moment right before our nose rather than the overall picture. If someone hurts me it is that moment that gets my attention. But, what if before I became too rash, I remembered all the good they had done for me. Wouldn’t my remembering produce thankfulness which would also quiet the issues I had with them? Too often, we tend to focus on what is right before our nose rather than the overall picture.

Mealtimes are not the only times to say, “Thank you!” What if we began our day thanking God because we remember how He cared for us through the night? What if in the morning we thanked God because we remembered the good from the previous day by other people? What if we were thankful

Welcome!

When you visit our assemblies, you will be received friendly, kindly and courteously. We believe this to be the natural attitude of those who truly love God and mankind. Though you may at first be among strangers, we hope that you will come to know us well and count us as your friends.

We offer Bible studies as well as correspondence courses for those interested in learning more about what God expects of us.

Important Dates

Ladies’ Class - Tuesday, December 12 at 10 a.m.

If you know of upcoming events, please inform Darrell so they can be included here.

at night before we closed our eyes to sleep, as we lay our heads on our pillows remembering all the good that has happened that day? All the wonderful people we encountered, and even the few rascals. But we remember them all and are thankful for everyone.

When we remember we have more to be thankful for, thankfulness and resentment cannot reside in the same heart.

Prayer Requests

Jack Wilson is still struggling with pain and limited mobility.

Jerry Richardson's lymphoma has returned and is undergoing chemo.

Dinah Williams continues to have mobility issues.

Don Simmons is still struggling with his breathing; he is on oxygen at all times. **Alene** is having hip issues.

Lisa Mullen (Darrell's sister) is undergoing chemotherapy.

Debbie McMurray is undergoing immunotherapy.

Terry Behrns is recovering at his sister's home

Harold Hammons is in the process of being transferred to Oaks Nursing Center here in Burnet.

If you know of someone that needs to be on this list, please tell Darrell (email preferred) and provide updates so names stay on the list as long as needed.

**“praying at all times in the Spirit,
with all prayer and supplication.
To that end, keep alert with all
perseverance, making s
upplication for all the saints,”
(Ephesians 6:18 ESV)**

The Oaks West church of Christ is a group of individual Christians who have been added to the Lord's body through baptism (Acts 2:38, 47; Gal 3:26, 27), and have joined themselves together (Acts 2:42ff) in an effort to do the Lord's will.

We are not a part of any larger organization - we do not follow any man-made creeds and we do not answer to anyone other than the Lord.

Our standard of faith and practice is the Word of God. We believe in the God of revelation (Eph 3:1-7; 2 Tim 3:16-17) and follow his instructions in an effort to have an ongoing relationship with him (1 John 4:7-11; 5:3).

Our times of study and worship are open to all, and our members are happy to meet with interested individuals or families for study.

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