



Lighten Your Load 5

THANKSGIVING

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- Giving thanks for all that God has done is refreshing. We should be thankful for the present and always thankful for what He will do in the future. *1Chr. 16:8 Give thanks unto the LORD, call upon his name, make known his deeds among the people.*
- Thanking God for His ability to bless us and honor His Word in the past should build our faith and help us trust in Him, which in turn, lightens our worry and stress load. *Eph. 5:20 Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ;*
- Thanksgiving should be a time of reflection of just how far He has brought you. Celebrating growth is a good way to view this national holiday. *Col. 2:7 Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving.*



- Thanksgiving can also be a reminder of situations that are unfortunate. Strained relationships with family can hinder our desire to give thanks, which can weigh us down. *Psa. 119:134 Deliver me from the oppression of man: so will I keep thy precepts.*
- When our own father or mother discourages us from following the plan of God for our lives, it can be daunting and make us dread the holidays. *Psa. 27:10 When my father and my mother forsake me, then the LORD will take me up.*
- Oftentimes, the weights we carry comes from parents that just cannot understand the path we are on. This tension makes holiday gatherings challenging and undesirable. *Rom. 12:19 Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord.*



- The weight of parental opposition to God's plan for you and your family usually comes from the mistakes YOU have made in the past. *2Tim. 2:24 And the servant of the Lord must not strive; but be gentle unto all men, apt to teach, patient,*
- The Bible says that a prophet is without honor in his hometown because when people have seen your immaturity, it's hard for them to accept your growth! *Mark 6:4 But Jesus said unto them, A prophet is not without honour, but in his own country, and among his own kin, and in his own house.*
- In order to truly shed the weight of your opposition, you must get an understanding of why they treat you that way. This will answer your heart and lighten your load! *Prov. 16:16 How much better is it to get wisdom than gold! and to get understanding rather to be chosen than silver!*

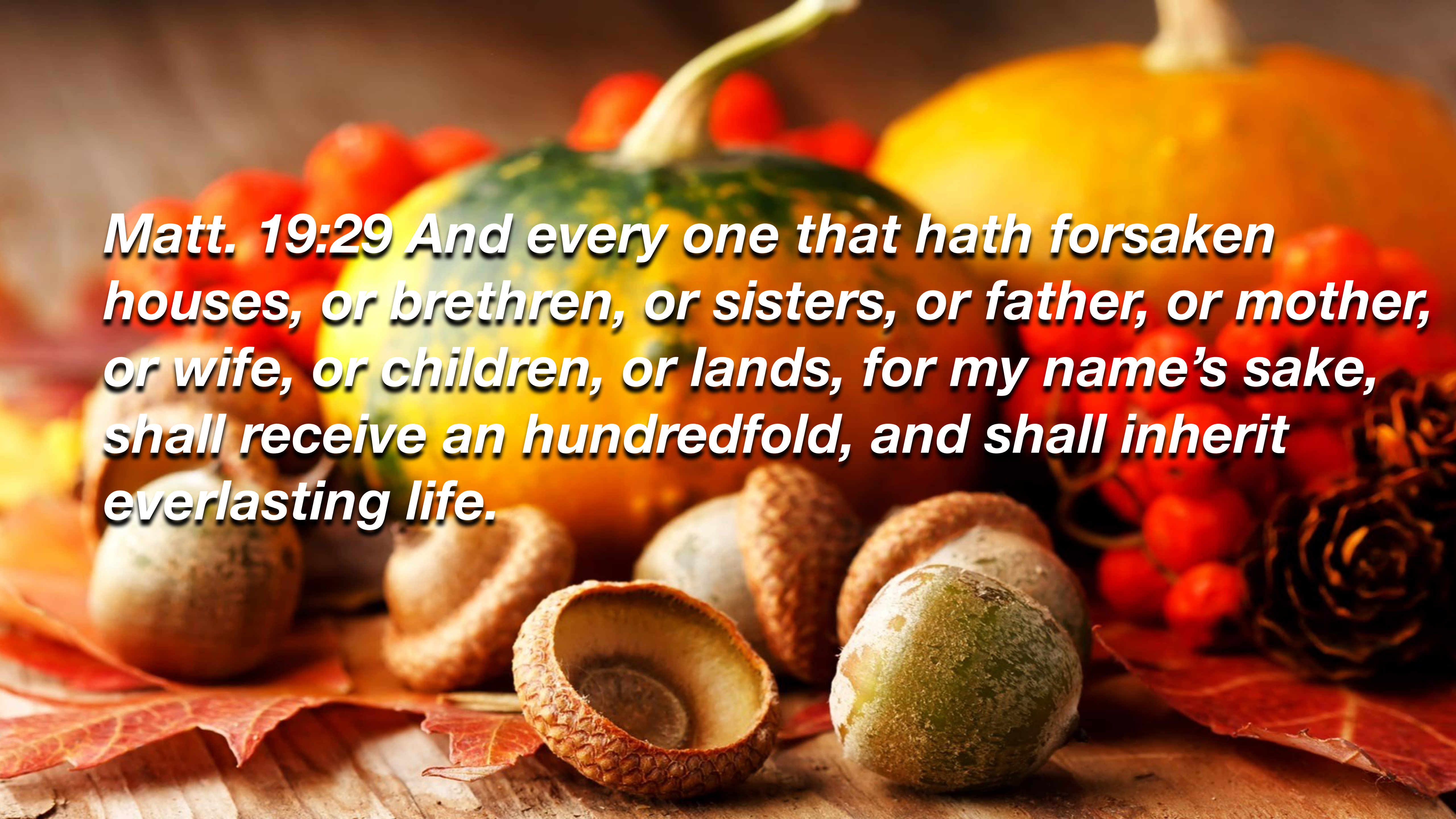


A still life composition of autumn produce. In the foreground, a wooden surface holds several items: a small green and yellow striped gourd, a hollowed-out acorn cap, a whole green acorn, and a few scattered acorns. Behind these are several pumpkins and gourds in various colors (orange, yellow, green, and red). The background is softly blurred, showing more autumnal elements like red leaves and a pinecone. The word "SUMMARY" is overlaid in large, bold, white, sans-serif capital letters with a black drop shadow, centered horizontally across the middle of the image.

SUMMARY

Parents usually feel that in order to show love they must instruct you in the right way. This works well in your childhood and adolescent years, but when you are all grown up, it's time to put your lessons into action and not be constantly used as a guinea pig. Good advice goes a long way, but it should NEVER interfere with the leading of the Lord given to your own family. Because so many parents have failed in vital areas of your upbringing, it is their desire to make up for it by advising you and helping you with their instruction. The Bible says that a husband should leave his father and mother and become one with his wife. This union essentially means that a new family is born and it's time for parents to trust what they taught their kids.

Understanding why parents try to force their agenda on grown children aids in the remedy for this. You should talk to them and let them know that you would not be where you are now without them and what they did brought you to the knowledge of the truth; therefore, they must trust the results at this point. When the Thanksgiving and Christmas table discussion centers around your decisions, it's time to reach for the sweet potatoes and ask "who made these delicious yams?". When you know the path that God has for you and your family, you do not need to defend it. Your defense will be the results of your decisions.

A still life composition featuring pumpkins, gourds, and autumn leaves on a wooden surface. The scene is set on a rustic wooden table. In the foreground, several acorns are scattered, including one that is cracked open, revealing its nut. To the right, there are clusters of bright red berries. The background is filled with various pumpkins and gourds in shades of orange, yellow, and green, some with long stems. The lighting is warm and directional, creating soft shadows and highlighting the textures of the wood, leaves, and produce. The overall mood is autumnal and harvest-themed.

Matt. 19:29 And every one that hath forsaken houses, or brethren, or sisters, or father, or mother, or wife, or children, or lands, for my name's sake, shall receive an hundredfold, and shall inherit everlasting life.