



SUNDAY SCHOOL LESSON

Sunday, November 9, 2025

November 2025 Theme: Giving Thanks in All Things

Lesson Title: Be Thankful

Note: All scripture references are KJV unless otherwise noted.

Key Scripture

1 Thessalonians 5:18

“In everything give thanks: for this is the will of God in Christ Jesus concerning you.”

Introduction

There's something powerful about a thankful heart. Gratitude doesn't just change your mood – it changes your *perspective*. It shifts your focus from what's missing to what's already in your hands. When you take time to thank God, you begin to see how present His goodness has been all along.

From the breath in your lungs to the gift of salvation, from the strength to rise each morning to the blessing of family, being connected to the Impact Church and having Senior Pastors who love and pray for you – there is so much to thank God for. Even in seasons of challenge, gratitude reminds us that God is still working, still providing, still faithful.

Let this lesson stir up joy, peace, and renewed faith. And remember – thankfulness is more than a feeling; it's a posture that positions you for even greater blessings. In the story of the 10 lepers, all were healed as they went – but the one who came back to Jesus to say thank you was made whole.

Get ready to count your blessings, celebrate God's goodness, and rediscover the power of a thankful heart.

Things We Should Be Thankful For

1. God Woke You Up This Morning

Well, if you are reading this lesson it's safe to say you have this to be thankful for! It was not your alarm clock that woke you up this morning – it was the grace of God. So what will you do with this gift of a new day? God has given you another opportunity to experience His new mercies, to show love, to serve Him. There were some who didn't receive the gift of a new day today, so don't take it for granted!

2. Salvation

Romans 6:23 says, "For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord." We should be eternally grateful for the sacrifice that Jesus made for us. He was betrayed, beaten, mocked and then died an excruciating death on the cross so that we could be reconciled back to God and live with Him in heaven when we pass away!

Through the blood of Jesus, we've been rescued from the power of sin and the dominion of the enemy. We have victory over every stronghold, forgiveness for our sins, restoration for our souls, and deliverance through His name. We have new life in Christ – thank God for our salvation!"

3. A Fresh Start

Lamentations 3:22–23 tells us, "It is of the Lord's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness." It is doubtless that we all made mistakes yesterday – but thankfully our mistakes don't define us, and we don't have to agonize over those mistakes. When we repent, the Bible says that God will cast all our sins into the depths of the sea (Micah 7:19). Don't let the weight of yesterday's mistakes hold you down today!

4. The Ability to Worship and Praise God

When we lift our hands and begin to worship and give God praise, things shift and move in the spirit realm! The Bible says, in Psalm 22:3, "But thou art holy, O thou that inhabitest the praises of Israel." Your praise invites God's glory, His presence, to fill your life and turn your situation around. In the midst of our praise, our challenges begin to come into perspective – is there anything too hard for God? No! And we know that in the presence of the Lord is the fulness of joy!

5. Our Church and Senior Pastors

In His infinite wisdom and grace, God has established a life system for His

children to come together and get plugged into, under the leadership of Pastors He anointed and appointed to feed us with knowledge and understanding from His Word. Thank God for the universal church...but we thank God especially for **Impact Church** – and our precious Senior Pastors, Bishop Dukes and Pastor Deborah. Just a few of the many blessings that come from being part of Impact Church are:

a. **A Pastoral Spiritual Covering**

In addition to giving us God's Word, our Senior Pastors also give us unconditional love and provide a spiritual covering (protection). They provide godly wisdom and instructions which help to increase our knowledge and understanding of God – specifically, His principles, purpose and plans for our lives.

b. **A Church Family**

You gain an awesome church family – sisters and brothers in Christ that you learn and serve with, laugh and cry with, fellowship, believe and grow with. We come into the church at different levels of understanding, from different backgrounds, from various parts of the globe – and God works in and through us to accomplish great ministry.

c. **Opportunities to Serve**

You have a place to use your gifts and talents to advance God's kingdom...and to have those gifts refined and sharpened through teaching and training. The things you learn in church will bless you in every aspect of your life!

d. **Opportunities to Sow**

Through the church, you have the opportunity to show your obedience and thankfulness by giving! Our tithing, offering and other sacrificial giving goes toward construction of our new worship center, community outreach programs, church events and more.

Anytime you are blessed to receive a financial increase, show God your "thank you" by obeying His call to consistent, cheerful giving in tithes and offering. Your generosity will come back to bless you! God says in His Word that if we give, it shall be given to us in "...good measure, pressed down, and shaken together, and running over ..." (Luke 6:38) Also, God promises that "whatsoever a man soweth, that shall he also reap"!

e. **Our Church Transition**

We are in a unique season at Impact Church; not where we were, yet not where we're going. It is in this season of transition that each of us will be challenged to grow to the next level of who God is calling us to be. The

transition is a blessing because as we walk through it, and embrace the process, we will come out wiser, stronger, and better equipped for the purpose God has for us.

6. Your Family

All of us have a mother and father, and some of us have sisters and brothers — each with different relationships and dynamics. Some families are close-knit, while others may not share the same bond. But no matter how your family connects, you can still thank God for them!

God did not randomly place you in your family. You were born into your family for a Kingdom purpose — and that's the blessing. God uses our family experiences to shape us, teach us love and forgiveness, reveal areas where we need spiritual growth, and often, to show us how to lead others to Christ.

So as you spend time and connect with your family, be thankful for the blessing they are and let an attitude of gratitude govern your relationships.

7. God Is Our Provider

The Apostle Paul says in Philippians 4:19, “But my God shall supply all your need according to his riches in glory by Christ Jesus.” God is omniscient, meaning He knows all things – including the things we truly need and He provides them in His time.

8. Trials and Tribulations

It may seem odd to be thankful for our trials and tribulations, but the Word of God gives us some insight on this. James 1:2–4 says, “My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.”

Our trials are working some things into us and some things out of us! They help make, mold and shape us so that we are “wanting” (lacking) nothing. We can also thank God for walking with us through every one of our trials and bringing us out!

9. Your Future

God has a great future in store for you! Jeremiah 29:11 (NIV) says, “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” When you are a child of God, you don't need demonic devices such as horoscopes, tarot cards, palm readers or a crystal ball to know your future. Just open your

Bible and read God's promises!

10. You're Never Alone

God assures us in Hebrews 13:5 that He will never leave us or forsake us. In Proverbs 18:24 we see Jesus described as "...a friend that sticketh closer than a brother." Just know that God is always right there with you – a very present help in time of trouble.

11. Your Gifts and Talents

God has blessed each one of us with gifts and talents – special ways that God has given us to advance His kingdom and to minister to His people. Some people have a gift to sing or play an instrument, some people have the gift of seeing ways that people need help and providing that help. Others have the gift to teach or work with children. Whatever gift(s) you've been given, be sure to exercise responsibility – when the need arises, respond with your ability!

The Benefits of Being Thankful

So, we've discussed some of the things in life that we should be thankful for – now we'll take a look at some of the benefits of this "attitude of gratitude". Some of them may surprise you!

Being thankful:

1. Reduces anxiety and gives us peace.

Philippians 4:8 says, "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

Meditating on God's Word and thinking on His blessings and promises not only keeps our mind off our problems but it gives us peace, reassuring us of God's love and unwavering faithfulness to move in our lives. Isaiah 26:3 says "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee."

2. Erodes envy

Luke 12:15 admonishes us to "...beware of covetousness...". Be content with what you have – and remember, the grass may not be greener on the other side, but even if it is, water your own grass – who knows what God will do!

3. Helps you to have better relationships

Even in the natural sense, it's more pleasant to spend time with someone who is upbeat and positive than someone who complains about everything!

4. Helps you to experience deeper spiritual joy

It has been said that those who seek God in everything will find Him in everything. When you see His hand in every facet of your life, thinking about His care for you should bring joy to your heart. The fact that the sovereign God who created the entire universe is concerned about the day-to-day affairs of your life is mind-blowing!

5. Helps you to have a healthier, stronger immune system

Grateful people tend to enjoy better health than ungrateful people! God's Word says in Proverbs 17:22, "A merry heart doeth good like a medicine: but a broken spirit drieth the bones."

6. Gives you access to God's Presence

We "Enter into His gates with thanksgiving, and into His courts with praise..." Psalms 100:4. Our thanksgiving gets us into the gates, and our praise ushers us into His courts!

7. Ignites joy in you

Thanksgiving and joy go hand in hand. As you begin to thank God, negative feelings of sadness, moodiness, depression, etc. disappear. Joy is released. The more you thank God, the more joy that is released in you. When I think of the goodness of Jesus and all He's done for me – my soul cries out "Hallelujah!"

8. Gives you supernatural strength to face and overcome the challenges of life

Life's challenges could be overwhelming, but thankful people handle life's crises better; they have a positive perspective in the midst of the challenges they face. Philippians 4:6 says, "Be careful for nothing; but in every thing by prayer and supplication **with thanksgiving** let your requests be made known unto God."

9. Positions you for more blessings

When you thank God for what He's done for you, you prepare yourself for more blessings from Him. Remember the story about the lepers in Luke 17:11–19 – even though all of the lepers were healed, stopping the progression of the disease, only the one who came back to thank Jesus received the additional blessing of being made whole – as though he never had the disease.

10. Keeps you humble

When you give thanks to God, you're giving Him credit. You're saying it's not by your own power, might, or wisdom; you're calling attention to Him, not to yourself.

Conclusion

There's an old church song that says, "Count your blessings, name them one by one, Count your blessings, see what God has done! Count your blessings, name them one by one, count your many blessings. See what God has done."

Let's rise up and begin to thank God! There is so much to thank Him for in your life. Don't let the devil deceive you – you are blessed! The more you thank God, the better your life will be. **Cultivate the habit of thanking God.**

Name: _____

SUNDAY SCHOOL HOMEWORK ASSIGNMENT
Sunday, November 9, 2025

Key Scripture

1. **Fill in the blanks.** 1 Thessalonians 5:18 says, "In _____
give _____: for this is the will of _____ in Christ Jesus
concerning _____."

Things We Should Be Grateful For

2. **Answer the question.** List four things we should be thankful for:
- a. _____
 - b. _____
 - c. _____
 - d. _____
3. **Answer the question (circle all that apply).** We should be grateful for the gift of salvation because through the blood of Jesus we received:
- a. Victory over every stronghold
 - b. Forgiveness for our sins
 - c. Restoration for our souls
 - d. Deliverance through His name
 - e. New life in Christ
4. **Fill in the blanks (circle one).** We should be grateful that God gives us a fresh start. Lamentations 3:22–23 tells us, "It is of the Lord's _____ that we are not consumed, because his compassions fail not. They are new every morning: _____ is thy _____."
- a. kindness, wild, praise
 - b. grace, blessed, name
 - c. mercy, great, faithfulness
 - d. None of the above

- 5. True or False (circle one).** Your praise invites God's glory, His presence, to fill your life and turn your situation around.
- a. True
 - b. False
- 6. Answer the question (circle all that apply).** We should be grateful for our church and Senior Pastors! Which of the following are benefits of being a member of Impact Church?
- a. Spiritual covering
 - b. A church family
 - c. Opportunities to serve
 - d. The opportunity to participate in the transition into our new worship center
- 7. Answer the question (circle all that apply).** Which of the following are benefits of being under the spiritual covering provided by our Senior Pastors?
- a. Receiving the Word of God
 - b. Unconditional love
 - c. Protection
 - d. Godly wisdom and instructions which help to increase our knowledge and understanding of God
- 8. True or False (circle one).** We should be thankful for family because God uses our family experiences to shape us, teach us love and forgiveness, reveal areas where we need spiritual growth, and often, to show us how to lead others to Christ.
- a. True
 - b. False
- 9. Fill in the blanks.** We should be thankful that God is our provider! Philippians 4:19 says, "But my _____ shall supply all your _____ according to his _____ in glory by Christ Jesus."

- 10. Answer the question (circle one).** We should be thankful for our trials and tribulations because James 1:2–3 says, “My brethren, count it all _____ when ye fall into divers _____; Knowing this, that the trying of your faith worketh _____.
- a. bad, sufferings, well
 - b. joy, temptations, patience
 - c. joy, situations, patience
 - d. None of the above
- 11. Fill in the blanks.** We should be thankful that God has a great future in store for us! Jeremiah 29:11 (NIV) says, “For I know the _____ I have for you,” declares the Lord, “plans to _____ you and not to harm you, plans to give you hope and a _____.”
- 12. Answer the question (circle one).** We should be thankful that God will never leave us alone. In Proverbs 18:24, Jesus is described as “_____ that sticketh closer than a _____.”
- a. neighbor, cousin
 - b. companion, friend
 - c. friend, brother
 - d. master, servant
- 13. Answer the question (circle one).** We should be thankful for the gifts and talents God has given us because they are special ways He uses to _____ His Kingdom and to _____ people.
- a. hinder, discourage
 - b. advance, bless
 - c. block, move
 - d. weaken, uplift

The Benefits of Being Thankful

- 14. Answer the Question.** List five benefits of being thankful.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

15. Fill in the blanks. Psalms 100:4 says, “Enter into His gates with _____, and into His courts with _____...”

16. Answer the question (circle one). Philippians 4:6 says, “Be careful for nothing; but in every thing by prayer and supplication with _____let your requests be made known unto God.”

- a. happiness
- b. joy
- c. thanksgiving
- d. hope

17. True or False (circle one). When you give thanks to God, you’re giving Him credit. You’re saying it’s not by your own power, might, or wisdom; you’re calling attention to Him, not to yourself.

- a. True
- b. False