

## Celebrating a Birthday

November 29                      Angela Grovenstein  
November 30                     Jayden Walea  
December 3                        Ronald Gordy  
December 4                        Jeb Schaffer  
December 5                        Charlotte Bragg

## **Serving Our Church This Sunday**

### Ushers

*(Ushers, please arrive 20 minutes before service)*

Chuck Austin, Tony Bragg, Mike Durkin,  
J. D. Dyches, Joe Jackson, Crawford Leonard,  
Terry Nappier, Larry Olliff, Jay Walea

### Counters

Zim Nixon, Chairman  
Chuck Austin, Mike Durkin,  
Corley Zittrouer

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## **ADDITIONAL WAYS TO GIVE**

### Online Giving

\*You can now give your tithes & offerings online

by going to the church website

(FBCGC.net) and clicking

on the **GIVING** tab

*or*

**Text** the Amount You Want to Give to 84321

## **OPPORTUNITIES THIS WEEKEND**

*Join Us this Sunday!*

**November 29**

10:00am – Sunday School Fall Groups

11:00am – Morning Worship

*(in-person or at FBCGC.live)*



### **VITAL SIGNS**

Budget Gifts Sunday .....\$6,519.70  
Budget Gifts to Date .....\$27,981.20



### **NOTE: 2021 OFFERING ENVELOPES**

2021 is just around the corner! In preparation, new Offering Envelopes are available in the front foyer of the Worship Center, Senior Adult Building, and upstairs in the Fellowship Hall. FYI: If you changed to giving monthly (rather than weekly) in 2020 and wish to continue, you can continue to use the same envelopes. Please record your name and envelope number on the sheet that is available when you pick up a new set of envelopes.

Remember: In order to receive a Contribution Record in January for the prior year, you must record your name and the amount given on your envelope. We will let you know when your 2020 Contribution Records are available for pickup from the church office. Thanks again for your faithful giving to honor God and support the ministry of First Baptist Church!



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Office Hours: 10:00am to 2:00pm Monday - Thursday  
Closed on Fridays

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Tommy Duke—Pastor  
Randall Prantz—Associate Pastor  
Debbie Traywick—Worship Leader

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# HABITUAL GRATITUDE

This past Sunday's message in our *Thanks-Living* series was about how to unleash the power of gratitude in your life and if you missed it, you can catch it in our archives at [FBCGC.live](http://FBCGC.live). We discussed the fact that unleashing gratitude is, at its core, about creating new habits. In effect, our goal is to make a habitual practice of thanking God throughout the moments of our lives.

There has been a great deal of study over the past couple of decades on the topic of how habits are developed. I've distilled some of these findings into three "R's" that capture the habit-forming process:

- 1) **Reminder**
- 2) **Routine**
- 3) **Reward**

A reminder (or cue) is anything that prompts us to act. A routine is a regular, repeated action or set of actions resulting from the reminder. And finally, the reward is the positive reinforcement to keep doing these things.

To help illustrate, here's a habit that many of us have developed in recent years: checking our cell phones.

- **Reminder:** The buzz or ding or other notification that goes off on your phone for a text message, email, or social media message.
- **Routine:** The grabbing of the phone, tapping the icon, and seeing the new information either written to you, about you, or in response to something you care about.
- **Reward:** The craving to be "in the know" or at least "all caught up" is satisfied. Findings have shown that our brains respond with a shot of dopamine in response to these social interactions, reinforcing this routine as positive.

Habits are powerful and hard to change. As is often the case, science has found what Christians have known all along: *people can't manufacture enough willpower to impose healthier habits for ourselves.* Some sort of external force is required to create lasting, habitual changes.

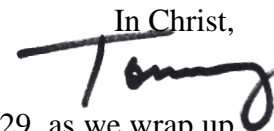
It's good to know how God has wired us so we can do our part to develop healthy habits. And in this season of Thanksgiving, I'm thankful that *I can trust God to provide the "willpower" I need to develop new habits.*

Here's what the Apostle Paul wrote to the believers at Philippi:

*"For God is working in you, giving you the desire (will) and the power to do what pleases him."*  
– Philippians 2:13 (NLT)

So, to cooperate with God to unleash habitual gratitude in your life: set up reminders of when to be thankful (the start of a new day, when you read the Bible, when you recognize a blessing, when someone comes to know Christ as Savior and Lord). Then practice a routine of praying, worshiping, and/or journaling to thank God for these things.

Ultimately, you'll experience the rewards of *Thanks-Living*: the joy, peace, contentment, and hope that comes along with living a grateful life!

In Christ,  


P.S. Join us this Sunday, November 29, as we wrap up our *Thanks-Living* teaching series – this Sunday at 11:00am, and you can join us In-Person or at [FBCGC.live](http://FBCGC.live). Hope you can be there!

## Opportunities to Reach Out

### New Bible Study Opportunity

Starting December 6<sup>th</sup> our Sunday School groups will start studying the book of Luke. We will be studying Luke for the next three months. This is a great time to get started in one of these groups. Please contact the church office or sign up through your connection card on Sunday to join.

*Randall*

### Lottie Moon Christmas Offering

We will begin to collect an offering to support our IMB resources for the missionaries abroad. Starting in December there will be offering envelopes for you to use in helping with the Lottie Moon Christmas Offering.

