

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

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!



35 Nelson Avenue, Garden City, GA 31408
912-964-1448 | office@fbcc.net
www.fbcc.net

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. 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.

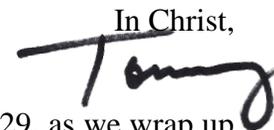
It's good to know how God has wired us so we can do our part to develop healthy habits. And in this season of Thanksgiving, I'm thankful that *I can trust God to provide the "willpower" I need to develop new habits.*

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. Hope you can be there!

Opportunities to Reach Out

New Bible Study Opportunity

Starting December 6th 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.

