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

Vol. 61 No. 46 November 24, 2021

Tommy Duke—Senior Pastor  
Randall Frantz—Associate Pastor  
Debbie Traywick—Worship Leader  
*www.fbcgc.net*

## Celebrating a Birthday

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

## Serving Our Church on Sunday

### Ushers

Steve Britton, Gerald Ethridge,  
Chris Long, Rob Mucha, Warren Oglesby,  
Robert Riley, Ed Schaffer, A. J. Tovar,  
Luis Tovar, Tommy Triplett

### Counters

David Traywick, Co-Chairman  
Luis Tovar, Co-Chairman  
Ed Schaffer  
David Williford

### Nursery

Patricia Frantz  
Rachel Frantz

### Preschool

Karen Walea

### Reminder:

**There will be no Church Service or Activities  
on Wednesday, November 24<sup>th</sup>.**

**Happy Thanksgiving!**

## OPPORTUNITIES

*You're Invited to Join Us!*  
**Sunday, November 28, 2021**

9:30am – Church Library Open

10:00am – Sunday School Groups

11:00am – Morning Worship

*(In-Person or multiple Saturday & Sunday  
opportunities for Church Online at [FBCGC.live](http://FBCGC.live))*

**Wednesday, December 1, 2021**

7:00pm – Adult, Youth and Children Bible Studies

## VITAL SIGNS

Budget Gifts Sunday .....\$4,812.00  
Budget Gifts to Date .....\$25,299.77

## MULTIPLE WAYS TO GIVE:

- **In-Person on Sundays**  
You can give using the offering plates at each Sunday service.
- **Online Giving**  
Give easily and securely at any time on our website: [www.FBCGC.net/giving](http://www.FBCGC.net/giving)
- **Text-to-Give**  
Using your smartphone, text the Amount You Want to Give to 84321
- **Mailed-in Giving**  
Mail your gift to the church office at:  
35 Nelson Ave, Garden City, GA 31408

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## THANKSGIVING HABITS

This past Sunday we wrapped up our teaching series called *The Greatest Stories Ever Told*. We took a look at a few of Jesus' parables that focus on eternal living. And as it's Thanksgiving week, there's nothing for us to be more thankful for than the abundant, eternal life that God offers us in Jesus.

After Sunday's in-person service, we got to experience a revised version of one of our church's Thanksgiving habits: the church family Thanksgiving Meal. I'm thankful for the opportunity to share food, fellowship, and fun with one another.

Your family may have some Thanksgiving habits as well, but I'd like to address the habits that *make* us thankful. Developing an attitude of gratitude really about creating new habits.

There are three "R's" that comprise 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.
- **Routine:** The grabbing of the phone, tapping an icon, and seeing new information.
- **Reward:** The craving to "keep 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*. An external force is required to create lasting, habitual change.

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:

*"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 receive 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 benefits of habitual giving thanks: joy, peace, contentment, and hope that comes along with living a grateful life!

In Christ,  
*Tommy*

P.S. Join us this Sunday, November 28, as we share a powerful message entitled *"The Word."* That's In-Person this Sunday at 11:00am, or Church Online at [FBCGC.live](http://FBCGC.live) (multiple service times).



*Together,  
We transform lives through  
prayer.*

Our Lottie Moon Christmas Offering will start this Sunday, November 28<sup>th</sup>. We will include the information packet and envelope for your offering. Remember that 100% of your gifts to the Lottie Moon Christmas Offering support missionaries overseas.

