



Models used for illustrative purposes

Thanksgiving

Golden Text

Revelation 11:17 *We*

... We give thee thanks, O Lord God Almighty, which art, and wast, and art to come; because thou hast taken to thee thy great power, and hast reigned.

Responsive Reading

Psalms 146:1, 2, 5–9 (to :), 10; 95:2; I Chronicles 29:11–13

1 Praise ye the Lord. Praise the Lord, O my soul. **2** **While I live will I praise the Lord: I will sing praises unto my God while I have any being.**

5 Happy is he that hath the God of Jacob for his help, whose hope is in the Lord his God: **6** **Which made heaven, and earth, the sea, and all that therein is: which keepeth truth for ever:** **7** Which executeth judgment for the oppressed: which giveth food to the hungry. The Lord looseth the prisoners: **8** **The Lord openeth the eyes of the blind: the Lord raiseth them that are bowed down: the Lord loveth the righteous:** **9** The Lord preserveth the strangers; he relieveth the fatherless and widow:

10 **The Lord shall reign for ever, even thy God, O Zion, unto all generations. Praise ye the Lord.**

2 Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms.

11 **Thine, O Lord, is the greatness, and the power, and the glory, and the victory, and the majesty: for all that is in the heaven and in the earth is thine; thine is the kingdom, O Lord, and thou art exalted as head above all.**

12 Both riches and honour come of thee, and thou reignest over all; and in thine hand is power and might; and in thine hand it is to make great, and to give strength unto all.

13 **Now therefore, our God, we thank thee, and praise thy glorious name.**

SECTION ONE:

Let's praise God for His infinite goodness!
Page 2

SECTION TWO:

Rejoice in divine Truth's authority.
Page 3

SECTION THREE:

Spiritual healing is proof of this authority.
Page 4

SECTION FOUR:

The universe—and everything in it—is God's.
Page 5



1 | Psalms 69:30

30 I will praise the name of God with a song, and will magnify him with thanksgiving.

2 | Psalms 47:7 God

7 God is the King of all the earth: sing ye praises with understanding.

3 | Jeremiah 9:23, 24

23 Thus saith the Lord, Let not the wise man glory in his wisdom, neither let the mighty man glory in his might, let not the rich man glory in his riches: 24 But let him that glorieth glory in this, that he understandeth and knoweth me, that I am the Lord which exercise lovingkindness, judgment, and righteousness, in the earth: for in these things I delight, saith the Lord.

4 | Hebrews 8:10 this

10 this is the covenant that I will make with the house of Israel after those days, saith the Lord; I will put my laws into their mind, and write them in their hearts: and I will be to them a God, and they shall be to me a people:

5 | Nehemiah 8:1 all, 3, 6, 10, 12

1 all the people gathered themselves together as one man into the street that was before the water gate; and they spake unto Ezra the scribe to bring the book of the law of Moses, which the Lord had commanded to Israel.

3 And he read therein before the street that was before the water gate from the morning until midday, before the men and the women, and those that could understand; and the ears of all the people were attentive unto the book of the law.

6 And Ezra blessed the Lord, the great God. And all the people answered, Amen, Amen, with lifting up their hands: and they bowed their heads, and worshipped the Lord with their faces to the ground.

10 Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for this day is holy unto our Lord: neither be ye sorry; for the joy of the Lord is your strength.

12 And all the people went their way to eat, and to drink, and to send portions, and to make great mirth, because they had understood the words that were declared unto them.



THIS STORY TAKES

place after the Babylonian captivity (or exile), when the Jews are returning to Jerusalem to rebuild the city and resettle there. During their captivity, many Jews had been influenced by other religions and were not following the teachings of the Torah (the Book of Moses or the first five books of the Bible). Ezra, whose name means "help," was a Jewish scribe and priest who returned from Babylon to help reintroduce biblical teachings to the people.

1 | 242:3-5

3 It is only a question of time when "they shall all know Me [God], from the least of them unto the greatest."

Spiritual baptism



2 | 127:4

6 If God, the All-in-all, be the creator of the spiritual universe, including man, then everything entitled to a classification as truth, or Science, must be comprised in a knowledge or understanding of God, for there can be nothing beyond illimitable divinity.

Science and Christianity

3 | 140:7-12

9 Not materially but spiritually we know Him as divine Mind, as Life, Truth, and Love. We shall obey and adore in proportion as we apprehend the divine nature and love Him understandingly, warring no more over the corporeality, but rejoicing in the affluence of our God.

God invisible to the senses

4 | 3:22

24 Are we really grateful for the good already received? Then we shall avail ourselves of the blessings we have, and thus be fitted to receive more. Gratitude is much more than a verbal expression of thanks. Action expresses more gratitude than speech.

5 | 8:14-18, 22-24

15 If we feel the aspiration, humility, gratitude, and love which our words express, — this God accepts; and it is wise not to try to deceive ourselves or others, for "there is nothing covered that shall not be revealed."

24 If we turn away from the poor, we are not ready to receive the reward of Him who blesses the poor.

6 | 518:15-19

15 The rich in spirit help the poor in one grand brotherhood, all having the same Principle, or Father; and blessed is that man who seeth his brother's need and supplieth it, seeking his own in another's good.

Assistance in brotherhood



You can find this phrase in Jeremiah 31:34.



This phrase is from Matthew 10:26.



6 | [Psalms 20:7](#)

7 Some trust in chariots, and some in horses: but we will remember the name of the Lord our God.

7 | [Psalms 22:28 the](#)

28 the kingdom is the Lord's: and he is the governor among the nations.

8 | [Psalms 67:3, 4](#)

3 Let the people praise thee, O God; let all the people praise thee. 4 O let the nations be glad and sing for joy: for thou shalt judge the people righteously, and govern the nations upon earth.

9 | [1 Timothy 2:1-5, 8](#)

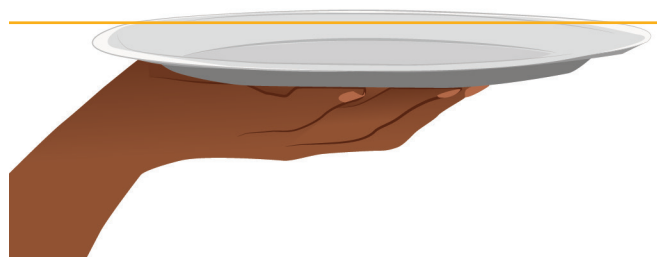
1 I exhort therefore, that, first of all, **supplications**, prayers, **intercessions**, and giving of thanks, be made for all men; 2 For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty. 3 For this is good and acceptable in the sight of God our Saviour; 4 Who will have all men to be saved, and to come unto the knowledge of the truth. 5 For there is one God, and one mediator between God and men, the man Christ Jesus;

8 I will therefore that men pray every where, lifting up holy hands, without wrath and doubting.

10 | [Psalms 21:1, 13](#)

1 The king shall joy in thy strength, O Lord; and in thy salvation how greatly shall he rejoice! 13 Be thou exalted, Lord, in thine own strength: so will we sing and praise thy power.

How can you express gratitude for divine authority today?



7 | [106:9](#)

9 Man is properly self-governed only when he is guided rightly and governed by his Maker, divine Truth and Love.

Proper self-government

8 | [11:27-31](#)

27 Prayer cannot change the unalterable Truth, nor can prayer alone give us an understanding of Truth; but prayer, coupled with a **fervent** habitual desire to know and do the will of God, will bring us into all Truth.

9 | [12:10](#)

12 It is neither Science nor Truth which acts through blind belief, nor is it the human understanding of the divine healing Principle as manifested in Jesus, whose humble prayers were deep and conscientious protests of Truth, — of man's likeness to God and of man's unity with Truth and Love.

10 | [62:27-30](#)

27 The higher nature of man is not governed by the lower; if it were, the order of wisdom would be reversed. Our false views of life hide eternal harmony, and produce the ills of which we complain.

Superior law of Soul

11 | [270:23-24](#)

24 Meekness and charity have divine authority.

12 | [565:13-18](#)

15 The impersonation of the spiritual idea had a brief history in the earthly life of our Master; but "of his kingdom there shall be no end," for Christ, God's idea, will eventually rule all nations and peoples — imperatively, absolutely, finally — with divine Science.

13 | [249:8-9](#)

9 Let us rejoice that we are subject to the divine "powers that be."

Renewed selfhood



You can find this phrase in Luke 1:33.



This phrase comes from Romans 13:1.



supplications: earnest and humble requests
intercessions: mediations; petitions
fervent: earnest; intense; burning



11 | II Corinthians 9:15

14 | 476:28-32

QUICK FACT

15 Thanks be unto God for his unspeakable gift.

12 | Zechariah 2:13

13 Be silent, O all flesh, before the Lord: for he is raised up out of his holy habitation.

13 | Psalms 145:9, 10, 12, 14, 21

9 The Lord is good to all: and his tender mercies are over all his works. 10 All thy works shall praise thee, O Lord; and thy saints shall bless thee.

12 To make known to the sons of men his mighty acts, and the glorious majesty of his kingdom.



14 The Lord upholdeth all that fall, and raiseth up all those that be bowed down.

21 My mouth shall speak the praise of the Lord: and let all flesh bless his holy name for ever and ever.

14 | Luke 4:14, 15

14 And Jesus returned in the power of the Spirit into Galilee: and there went out a fame of him through all the region round about. 15 And he taught in their synagogues, being glorified of all.

15 | Luke 7:1, 11-16

1 Now when he had ended all his sayings in the audience of the people, he entered into Capernaum.

11 And it came to pass the day after, that he went into a city called Nain; and many of his disciples went with him, and much people. 12 Now when he came nigh to the gate of the city, behold, there was a dead man carried out, the only son of his mother, and she was a widow: and much people of the city was with her. 13 And when the Lord saw her, he had compassion on her, and said unto her, Weep not. 14 And he came and touched the bier: and they that bare him stood still. And he said, Young man, I say unto thee, Arise. 15 And he that was dead sat up, and began to speak. And he delivered him to his mother. 16 And there came a fear on all: and they glorified God, saying, That a great prophet is risen up among us; and, That God hath visited his people.

When speaking of God's children, not the children of men, Jesus said, "The kingdom of God is within you;" that is, Truth and Love reign in the real man, showing that man in God's image is unfallen and eternal.

The kingdom within



15 | 122:1-7

1 The evidence of the physical senses often reverses the real Science of being, and so creates a reign of discord, —
3 assigning seeming power to sin, sickness, and death; but the great facts of Life, rightly understood, defeat this triad of errors, contradict their false
6 witnesses, and reveal the kingdom of heaven, — the actual reign of harmony on earth.

Opposing testimony

16 | 428:6-12

6 Man's privilege at this supreme moment is to prove the words of our Master: "If a man keep my saying, he shall never see death." To divest
9 thought of false trusts and material evidences in order that the spiritual facts of being may appear, — this is the great attainment by means of which we shall sweep
12 away the false and give place to the true.

Vision opening



17 | 395:6-10

6 Like the great Exemplar, the healer should speak to disease as one having authority over it, leaving Soul to master the false evidences of the corporeal
9 senses and to assert its claims over mortality and disease.

Divine authority

18 | 45:16

Glory be to God, and peace to the struggling hearts! Christ hath rolled away the stone from the door of human hope and faith, and through the revelation and demonstration of life in God, hath elevated them to possible at-one-ment with the spiritual idea of man and his divine Principle, Love.

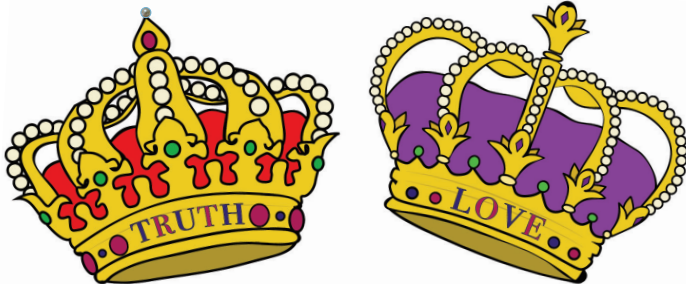
The stone rolled away

QUICKFACT

Have you ever had an experience so awe-inspiring that words couldn't fully describe it? That's what the term "unspeakable" means here—God's gifts simply can't be expressed in words alone!



14 The Lord lifts the fallen and those bent beneath their loads. Psalms 145:14—Living Bible



... Truth and Love reign in the real man, showing that man in God's image is unfallen and eternal. Science and Health, p. 476



Jesus is recorded as saying this in Luke 17:21.



This statement can be found in John 8:51.



16 | [Psalms 115:15](#)

15 Ye are blessed of the Lord which made heaven and earth.

17 | [Isaiah 40:9 Behold, 12](#)

9 Behold your God!

12 Who hath measured the waters in the hollow of his hand, and meted out heaven with the span, and comprehended the dust of the earth in a measure, and weighed the mountains in scales, and the hills in a balance?

18 | [Job 12:7-10 ask](#)

7 ask now the beasts, and they shall teach thee; and the fowls of the air, and they shall tell thee: 8 Or speak to the earth, and it shall teach thee: and the fishes of the sea shall declare unto thee. 9 Who knoweth not in all these that the hand of the Lord hath wrought this? 10 In whose hand is the soul of every living thing, and the breath of all mankind.

19 | [Isaiah 11:9](#)

9 They shall not hurt nor destroy in all my holy mountain: for the earth shall be full of the knowledge of the Lord, as the waters cover the sea.

20 | [Revelation 7:12 Blessing](#)

12 Blessing, and glory, and wisdom, and thanksgiving, and honour, and power, and might, be unto our God for ever and ever. Amen.

APPLY IT

APPLY IT

How can your thanks for God shine today?

19 | [91:1](#)

1 The Revelator tells us of "a new heaven and a new earth." Have you ever pictured this heaven and earth, inhabited by beings under the control of supreme wisdom?

20 | [209:5-8](#)

6 Mind, supreme over all its formations and governing them all, is the central sun of its own systems of ideas, the life and light of all its own vast creation; and man is tributary to divine Mind. Allness of Truth

21 | [514:18-19, 28-30](#)

18 Tenderness accompanies all the might imparted by Spirit. Creatures of God useful

All of God's creatures, moving in the harmony of Science, are harmless, useful, indestructible. Creatures of God useful

22 | [240:7-11](#)

Suns and planets teach grand lessons. The stars make night beautiful, and the leaflet turns naturally towards the light. 9 In the order of Science, in which the Principle is above what it reflects, all is one grand concord.

23 | [264:28](#)

30 When we learn the way in Christian Science and recognize man's spiritual being, we shall behold and understand God's creation, — all the glories of earth and heaven and man.

24 | [521:5-6](#)

6 All that is made is the work of God, and all is good.



Models used for illustrative purposes.

The healing power of thanksgiving

A COUPLE OF YEARS AGO I BECAME ILL THE day before Thanksgiving. My wife and I had already volunteered to host an extended family dinner for the holiday. After much prayer, I hadn't yet improved and unfortunately felt worse.

I told my wife I would stay in the bedroom the next day while our family enjoyed the Thanksgiving meal. I added that there was no way I would be going to the Thanksgiving service at our branch Church of Christ, Scientist, in the morning. Besides, I said, I had nothing to be grateful for.

Early the next morning, I received a phone call from a church member informing me that she was bringing a guest to the Thanksgiving service. The guest was someone I had known while growing up, and he was looking forward to seeing me. I told the church member that I was not feeling well, and that

was self-centered, a limiting feature of personal sense, which prevented me from opening my thought to God and my God-given spiritual sense.

Next a young man got up to express his gratitude for his successful recovery from drug addiction. Knowing this young man and his journey, I felt genuine gratitude for his willingness to share his story of courage and healing.

Then a young woman stood up and told about how she and her family had arrived in town recently, not knowing anyone. They had needed a home, schools for their children, and jobs. Her humble gratitude for how God's love had cared for and sustained her family filled me with joy.

I did not stand to give thanks myself, but listening to other members of the congregation express their gratitude for God's goodness was enough to change me. Like the warmth of the sunshine slowly thawing a frozen river, the sharing in church that day caused the ingratitude within my thought to crack. I turned away from focusing on myself and personal sense and was lifted up to an awareness of God's love and power governing.

After the service, I met my childhood friend, and we reminisced about old experiences. His wife had recently passed on, but he was apparently buoyed by the Thanksgiving service, because he began to list the things he was grateful for. I was touched by his sense of gratitude.

We said our goodbyes, and I walked out of church completely healed. I went home to a house full of family, ate heartily, and entertained my guests, while feeling a sublime gratitude in my heart for the power of divine Love that had dissolved the illness I had suffered from.

Through the grace of the Thanksgiving service, my thought had been opened to the reality of God's abundant blessings, simply by listening to other people's gratitude. This revelation transformed me and brought a remarkable and speedy release, for which I am grateful.

The first person that stood up talked about the power of gratitude to lift us above the petty concerns of self and personal sense.

I doubted I would be attending church that day. Instead of the church member saying that she was sorry, or that she hoped I would get well, she said, "Healing is just around the corner."

Within seconds of hanging up, I had a thought come to me that it would be a loving act for me to go to the service to welcome my childhood friend to our church, and that I could not be punished for doing that. According to the law of divine Love, I could not be made to suffer for a selfless act of love—for reflecting and expressing divine Love. I decided to go to the Thanksgiving service.

I entered church still not feeling well, and to be honest, I sat through the readings from the Bible and *Science and Health with Key to the Scriptures*, by Mary Baker Eddy, without a grain of gratitude in my thought. But then the testimonies began. The first person that stood up talked about the power of gratitude to lift us above the petty concerns of self and personal sense. A truth dawned on me: that all my grumbling

This article was originally published in the **November 24, 2014** issue of the *Christian Science Sentinel*.

You can find this piece (and thousands more!) at jsh.christianscience.com.



We have hidden an image of a pearl [🔍] somewhere in the pages of myBibleLesson. **HAPPY PEARL HUNTING!**

PHOTO ATTRIBUTIONS:

COVER: skynesher/E+/Getty Images: kids saying grace before lunch at home
Page 5: Helena Wahlman/Maskot/Getty Images: father looking at daughter playing with sheep on field at farm, mod.

PEARL HINT: There's no room for discord in the reign of Truth and Love.

All nonattributed graphics, photos, and digitally modified images by mBL staff. All models appearing in this publication used for illustrative purposes.

Contact us!

Want to send us feedback?

Email us at contact@mybiblelesson.com.

we'd love to hear from you!

myBibleLesson is for you! So send us your feedback on how it's helping you get more out of the Bible Lesson when you study. We want to know what's working . . . and what's not!

BIBLE INFO:

TRANSLATIONS: All Scriptural quotations used in the text of *myBibleLesson* are taken from the King James Version of The Holy Bible, unless otherwise indicated.

The following are **verbally equivalent** translations used for **In Other Words**. These translations tend to use the oldest available and most recently discovered manuscripts to translate the literal meaning of the text word-for-word.

Contemporary English Version: Scriptural quotations marked *Contemporary English Version* are taken from the *Contemporary English Version*, copyright © 1991, 1992, 1995 by American Bible Society. Used by permission.

New Revised Standard Version: Scriptural quotations marked *New Revised Standard Version* are taken from the *New Revised Standard Version Bible*, copyright © 1989 National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.

Revised English Bible: Scriptural quotations marked *Revised English Bible* are taken from the *Revised English Bible*, copyright © Cambridge University Press and Oxford University Press 1989. All rights reserved.

Revised Standard Version: Scriptural quotations marked *Revised Standard Version* are taken from the *Revised Standard Version of the Bible*, copyright © 1946, 1952, and 1971 National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.

The following **dynamically equivalent** translations are used for **In Other Words**. These translations attempt to convey the thoughts expressed in the text in common, everyday English.

Good News Translation: Scriptural quotations marked *Good News Translation* are taken from the *Good News Translation in Today's English Version—Second Edition*, copyright © 1992 by American Bible Society. Used by permission.

J. B. Phillips New Testament: Scriptural quotations marked *J. B. Phillips New Testament* are from *The New Testament in Modern English* by J. B. Phillips, copyright © 1960, 1972 J. B. Phillips. Reprinted in North America by permission of Touchstone, a Division of Simon & Schuster, Inc. All other rights administered by The Archbishops' Council of the Church of England. Used by permission.

New English Bible: Scriptural quotations marked *New English Bible* are taken from the *New English Bible*, copyright © Cambridge University Press and Oxford University Press 1961, 1970. All rights reserved.

New Living Translation: Scriptural quotations marked *New Living Translation* are taken from the *Holy Bible, New Living Translation*, copyright © 1996, 2004, 2007, 2013, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

The following **paraphrases** are used for **In Other Words**. These are not literal translations, rather they attempt to present to modern readers the text's tone, rhythm, and ideas as its earliest audiences might have experienced it.

The Living Bible: Scriptural quotations marked *Living Bible* are taken from *The Living Bible*, copyright © 1971. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

The Message: Scriptural quotations marked *The Message* are taken from *THE MESSAGE*, copyright © 1993, 1994, 1995, 1996, 2000, 2001, 2002 by Eugene H. Peterson. Used by permission of NavPress. All rights reserved. Represented by Tyndale House Publishers, Inc.

Christian Science info: see christianscience.com or jsh-online.com.

© 2019 The Christian Science Publishing Society. All rights reserved.

myBibleLesson is licensed for your own personal use and may not be distributed electronically or in print, except as described in the Copyright Terms and Conditions at myBibleLesson.com. Lesson citations are from the Bible (King James Version unless otherwise noted) and the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy, the Discoverer and Founder of Christian Science. *myBibleLesson* and *Christian Science Quarterly* are trademarks owned by The Christian Science Publishing Society. The design of the Cross and Crown is a trademark owned by the Christian Science Board of Directors and is used by permission. These marks are registered in the United States and in other countries.

INTERESTED IN SUBSCRIBING?

visit myBibleLesson.com