


WELCOME!



A graphic for Truth on the Web Ministries. On the left is a black Bible with 'Holy Bible' written on it. Next to it is a yellow sword with a black hilt. The blade of the sword contains the text 'TRUTH ON THE WEB MINISTRIES' in red, 'WWW.TOTW.ORG' in red, and 'EPH 6:17 AND TAKE...THE SWORD OF THE SPIRIT WHICH IS THE WORD OF GOD' in black. Below the sword is the text 'A CHURCH OF GOD IN WOODSTOCK, ILLINOIS' in black. On the right is a small blue church building with a white door and a white steeple. In front of the church is an open blue book with a silver sword resting on it. Below the church and book is the text 'CHURCH OF GOD AT WOODSTOCK' in blue.



Psalm 132:7
We will go
into His
tabernacles:
we will worship
at his footstool!

**FEAST OF
TABERNACLES**

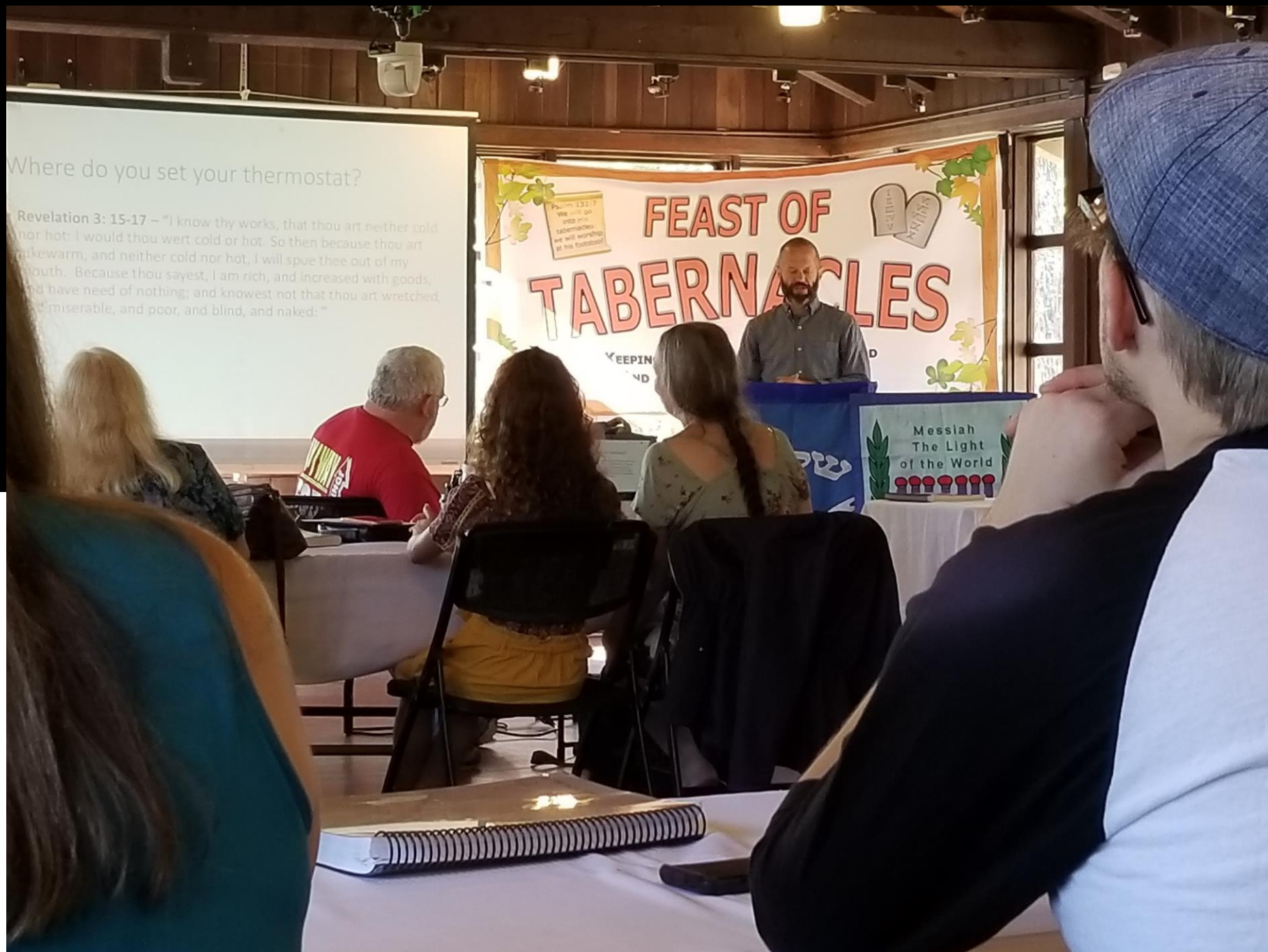
**KEEPING THE COMMANDMENTS OF GOD
AND THE FAITH OF JESUS CHRIST**

WWW.TOTW.ORG

John 7:37 In the last day, that great day of the feast
Jesus stood and cried, saying, If any man thirst,
let him come unto me, and drink.

The Best Sleep Aid





The Best Sleep Aid?

As noted by Robert Emmons, one of the leading scientific experts on this topic, “Gratitude is an emotional state and an attitude toward life that is a source of human strength in enhancing one’s personal and relational well-being.”⁹ In his paper, he points out that gratitude has a long tradition within world religions, where it is viewed as a virtue that leads to a good life.

According to Emmons, gratitude has two key components.¹⁰ First of all, it’s an “affirmation of goodness.” In short, when you feel or express gratitude, you affirm that you live in a benevolent world.

Second, it’s a recognition that the source of benevolence comes from outside of yourself; that other people (or higher powers, if you so like) have provided you with “gifts.” In Emmons’ view, gratitude is “a relationship-strengthening emotion, because it requires us to see how we’ve been supported and affirmed by other people.”

One simple and proven¹¹ way of cultivating gratitude is to keep a gratitude journal, in which you document the things you’re thankful for each day. As you journal, keep the following guidelines in mind:

Focus on the benevolence of other people — Doing so will increase your sense of being supported by life and decrease unnecessary anxiety

Focus on what you have received rather than what’s been withheld

Avoid comparing yourself to people you perceive to have more advantages, more things or “better luck,” as doing so will erode your sense of security. If you’re going to slip into comparisons, contemplate what your life would be like if you didn’t have something you currently enjoy

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People who are thankful for what they have are better able to cope with stress, have more positive emotions, and are better able to reach their goals. Scientists have even noted that gratitude is associated with improved health. As noted in the Harvard Mental Health Letter,¹ "expressing thanks may be one of the simplest ways to feel better:"

"The word gratitude is derived from the Latin word gratia, which means grace, graciousness, or gratefulness (depending on the context). In some ways gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible.

With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power.

...People feel and express gratitude in multiple ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes), and the future (maintaining a hopeful and optimistic attitude).

Regardless of the inherent or current level of someone's gratitude, it's a quality that individuals can successfully cultivate further."

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Dr. P. Murali Doraiswamy, head of biologic psychology at Duke University Medical Center once stated that: "If [thankfulness] were a drug, it would be the world's best-selling product with a health maintenance indication for every major organ system."

One way to harness the positive power of gratitude is to keep a gratitude journal or list, where you actively write down exactly what you're grateful for each day. In one study, people who kept a gratitude journal reported exercising more, and they had fewer visits to the doctor compared to those who focused on sources of aggravation.

As noted in a previous ABC News article,⁵ studies have shown that gratitude can produce a number of measurable effects on a number of systems in your body, including:

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- Inflammatory and immune systems (cytokines)
- Reproductive hormones (testosterone)
- Stress hormones (cortisol)
- Social bonding hormones (oxytocin)
- Blood pressure and cardiac and EEG rhythms
- Cognitive and pleasure related neurotransmitters (dopamine)
- Blood sugar

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Colossians 1:9-14 For this cause we also, since the day we heard it, do not cease to pray for you, and to desire that ye might be filled with the knowledge of his will in all wisdom and spiritual understanding; (10) That ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God; (11) Strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness; (12) Giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light: (13) Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son: (14) In whom we have redemption through his blood, even the forgiveness of sins:

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Colossians 2:6 -7 As ye have therefore received Christ Jesus the Lord, so walk ye in him: (7) Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving.

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Colossians 3:13-17 Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. (14) And above all these things put on charity, which is the bond of perfectness. (15) And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful. (16) Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. (17) And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him.

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Colossians 4:2 Continue steadfastly in prayer, being watchful in it with thanksgiving

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Psalms 7:17 I will praise the LORD according to his righteousness: and will sing praise to the name of the LORD most high

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Psalms 9:1 I will praise thee, O LORD, with my whole heart; I will shew forth all thy marvellous works.

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Psalm 28:7 The LORD is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him

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Psalm 35:18 I will give thee thanks in the great congregation: I will praise thee among much people.

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Psalm 52:9 I will praise thee for ever, because thou hast done it: and I will wait on thy name; for it is good before thy saints.

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Psalm 69:30 I will praise the name of God with a song, and will magnify him with thanksgiving.

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Psalms 79:13 So we thy people and sheep of thy pasture will give thee thanks for ever: we will shew forth thy praise to all generations.

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1 Corinthians 6:20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

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Hebrews 13:15 By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to his name.

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Psalm 106:1 Praise ye the LORD. O give thanks unto the LORD; for he is good: for his mercy endureth for ever.

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Psalm 106:47 Save us, O LORD our God, and gather us from among the heathen, to give thanks unto thy holy name, and to triumph in thy praise.

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Psalm 118:1 O give thanks unto the LORD; for he is good: because his mercy endureth for ever.

Psalm 118:28-29 Thou art my God, and I will praise thee: thou art my God, I will exalt thee. (29) O give thanks unto the LORD; for he is good: for his mercy endureth

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Psalm 147:7 Sing unto the LORD with thanksgiving; sing praise upon the harp unto our God:

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Psalm 95:1-3 O come, let us sing unto the LORD: let us make a joyful noise to the rock of our salvation. (2) Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms. (3) For the LORD is a great God, and a great King above all gods.

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Psalm 100:1-5 A Psalm of praise. Make a joyful noise unto the LORD, all ye lands. (2) Serve the LORD with gladness: come before his presence with singing. (3) Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture. (4) Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. (5) For the LORD is good; his mercy is everlasting; and his truth endureth to all generations.

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What is the conclusion so far?

The Best Sleep Aid?

What is the conclusion so far?

There are many, many , MANY scriptures on giving our gratitude to and for God!

Even in Trials?



people ask how i
stay so positive
after losing my
legs; i simply
ask how they
stay so negative
with theirs.

SSGT JOHNNY
JOEY JONES

TOBYMAC #SPEAKLIFE

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Romans 8:28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose

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James 1:2-6 My brethren, count it all joy when ye fall into divers temptations; (3) Knowing this, that the trying of your faith worketh patience. (4) But let patience have her perfect work, that ye may be perfect and entire, wanting nothing. (5) If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. (6) But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed.

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Romans 5:3-5 And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; (4) And patience, experience; and experience, hope: (5) And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.

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1 Thessalonians 5:18 In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

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Philippians 4:6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

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James 1:17 Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.

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1. Write thank-you notes
2. Give thanks at every meal
3. Change your perception and let go negativity
4. Non verbal actions
5. Give praise
6. Embrace the idea of having enough and being thankful for what you have,
7. Prayer
8. Acknowledge everything and give thanks!

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Psalm 104:1-10 Bless the LORD, O my soul. O LORD my God, thou art very great; thou art clothed with honour and majesty. (2) Who coverest thyself with light as with a garment: who stretchest out the heavens like a curtain: (3) Who layeth the beams of his chambers in the waters: who maketh the clouds his chariot: who walketh upon the wings of the wind: (4) Who maketh his angels spirits; his ministers a flaming fire: Psa (5) Who laid the foundations of the earth, that it should not be removed for ever. (6) Thou coveredst it with the deep as with a garment: the waters stood above the mountains. (7) At thy rebuke they fled; at the voice of thy thunder they hasted away. (8) They go up by the mountains; they go down by the valleys unto the place which thou hast founded for them. (9) Thou hast set a bound that they may not pass over; that they turn not again to cover the earth. (10) He sendeth the springs into the valleys, which run among the hills.

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Psalm 104:11-20 They give drink to every beast of the field: the wild asses quench their thirst. (12) By them shall the fowls of the heaven have their habitation, which sing among the branches. (13) He watereth the hills from his chambers: the earth is satisfied with the fruit of thy works. (14) He causeth the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth; (15) And wine that maketh glad the heart of man, and oil to make his face to shine, and bread which strengtheneth man's heart. (16) The trees of the LORD are full of sap; the cedars of Lebanon, which he hath planted; (17) Where the birds make their nests: as for the stork, the fir trees are her house. (18) The high hills are a refuge for the wild goats; and the rocks for the conies. (19) He appointed the moon for seasons: the sun knoweth his going down. (20) Thou makest darkness, and it is night: wherein all the beasts of the forest do creep forth.

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Psalms 104:21-30 The young lions roar after their prey, and seek their meat from God. (22) The sun ariseth, they gather themselves together, and lay them down in their dens. (23) Man goeth forth unto his work and to his labour until the evening. (24) O LORD, how manifold are thy works! in wisdom hast thou made them all: the earth is full of thy riches. (25) So is this great and wide sea, wherein are things creeping innumerable, both small and great beasts. (26) There go the ships: there is that leviathan, whom thou hast made to play therein. (27) These wait all upon thee; that thou mayest give them their meat in due season (28) That thou givest them they gather: thou openest thine hand, they are filled with good. (29) Thou hidest thy face, they are troubled: thou takest away their breath, they die, and return to their dust. (30) Thou sendest forth thy spirit, they are created: and thou renewest the face of the earth.

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Psalms 104:31-35 The glory of the LORD shall endure for ever: the LORD shall rejoice in his works. (32) He looketh on the earth, and it trembleth: he toucheth the hills, and they smoke. (33) I will sing unto the LORD as long as I live: I will sing praise to my God while I have my being. (34) My meditation of him shall be sweet: I will be glad in the LORD. (35) Let the sinners be consumed out of the earth, and let the wicked be no more. Bless thou the LORD, O my soul. Praise ye the LORD.

The Best Sleep Aid? A challenge!

Acknowledge EVERYTHING and give THANKS!

I want to challenge each of you tonight, when you lay down in bed to give thanks for everything you can think of! Have you ever given thanks for:

The Best Sleep Aid? A challenge!

Acknowledge EVERYTHING and give THANKS!

I want to challenge each of you tonight, when you lay down in bed to give thanks for everything you can think of! Have you ever given thanks for:

1. The air we breath?

The Best Sleep Aid? A challenge!

Acknowledge EVERYTHING and give THANKS!

I want to challenge each of you tonight, when you lay down in bed to give thanks for everything you can think of! Have you ever given thanks for:

1. The air we breath?
2. The water we drink?

The Best Sleep Aid? A challenge!

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I want to challenge each of you tonight, when you lay down in bed to give thanks for everything you can think of! Have you ever given thanks for:

1. The air we breath?
2. The water we drink?
3. The clothes on our back.

The Best Sleep Aid? A challenge!

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1. The air we breath?
2. The water we drink?
3. The clothes on our back.
4. Our trials

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1. The air we breath?
2. The water we drink?
3. The clothes on our back.
4. Our trials
5. The grass we get to mow.

The Best Sleep Aid? A challenge!

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1. The air we breath?
2. The water we drink?
3. The clothes on our back.
4. Our trials
5. The grass we get to mow.
6. The rain/weather

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1. The air we breath?
2. The water we drink?
3. The clothes on our back.
4. Our trials
5. The grass we get to mow.
6. The rain/weather
7. Every little thing that we can of that God has created!

The Best Sleep Aid? A challenge!

1 Thessalonians 5:16-18 Rejoice evermore. (17) Pray without ceasing. (18) In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

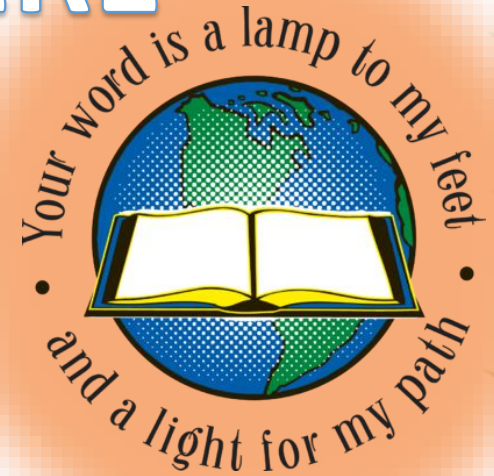
Philippians 4:6-7 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. (7) And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

The Best Sleep Aid? A challenge!

If you offer a prayer for thanks as you go to bed, especially when you have something on your mind, it will be the best sleep aid ever!

ENTER SERMON TITLE HERE

Thank You!






**TRUTH ON THE
WEB MINISTRIES**
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EPH 6:17 AND TAKE...THE SWORD OF THE
SPIRIT WHICH IS THE WORD OF GOD
A CHURCH OF GOD IN WOODSTOCK, ILLINOIS



**CHURCH OF GOD
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**John 7:37 In the last day, that great day of the feast
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