



The Well

an ordinary place
where extraordinary
things happen

STSA.CHURCH/THEWELL



IN EVERYTHING...

a life of thanksgiving

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Part 1

“In everything give thanks; for this is the will of God in Christ Jesus for you.” 1 Thessalonians 5:18

“Let the Lord look on you and judge, because you have made us abhorrent in the sight of Pharaoh and in the sight of his servants, to put a sword in their hand to kill us.” So Moses returned to the Lord and said, “Lord, why have You brought trouble on this people? Why is it You have sent me? For since I came to Pharaoh to speak in Your name, he has done evil to this people; neither have You delivered Your people at all.” Exodus 5:21-25

“They said to Moses, “Was it because there were no graves in Egypt that you brought us to the desert to die? What have you done to us by bringing us out of Egypt?” Is this not the word that we told you in Egypt, saying, ‘Let us alone that we may serve the Egyptians’? For it would have been better for us to serve the Egyptians than that we should die in the wilderness.” Exodus 14:11-12

“Now when they came to Marah, they could not drink the waters of Marah, for they were bitter... And the people complained against Moses, saying, “What shall we drink?” Exodus 15:23-24

“Then the whole congregation of the children of Israel complained against Moses and Aaron in the wilderness. And the children of Israel said to them, “Oh, that we had died by the hand of the Lord in the land of Egypt, when we sat by the pots of meat and when we ate bread to the full! For you have brought us out into this wilderness to kill this whole assembly with hunger.” Exodus 16:2-3

RECOGNIZE OUR NEGATIVE
TENDENCIES

RENEW OUR MINDS

“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” Romans 12:2

“But now, thus says the Lord, who created you, O Jacob, and He who formed you, O Israel: “Fear not, for I have redeemed you; I have called you by your name; You are Mine. When you pass through the waters, I will be with you; And through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned,” Isaiah 43:1-2

“Our mind is renewed by the practice of wisdom and reflection on the Word of God and the spiritual understanding of his law. The more one reads the Scriptures daily and the greater one’s understanding is, the more one is renewed always and every day.” Origen

REJOICE IN GOD’S GIFTS.

“We offer unto you Your gifts from what is Yours, for everything, concerning everything, and in everything.” St Basil Liturgy

“And one of them, when he saw that he was healed, returned, and with a loud voice glorified God, and fell down on his face at His feet, giving Him thanks. And he was a Samaritan. So Jesus answered and said, “Were there not ten cleansed? But where are the nine?” Luke 17:15-17

“Then Moses and the children of Israel sang this song to the Lord, and spoke, saying: “I will sing to the Lord, for He has triumphed gloriously! The horse and its rider He has thrown into the sea! The Lord is my strength and song, and He has become my salvation; He is my God, and I will praise Him; My father’s God, and I will exalt Him.” Exodus 15:1-2

Reflection Questions:

- **What specific negative tendencies do you have?**
- **What truths do you need to hold onto about yourself or about God?**
- **Praise God for what He has done in your life.**

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Part 2: Time to Let Go

In everything give thanks; for this is the will of God in Christ Jesus for you.

1 Thessalonians 5:18

RECAP

- RECOGNIZE OUR NEGATIVE TENDENCIES
- RENEW OUR MINDS
- Rejoice IN GOD'S GIFTS

1. IT IS TIME TO LET IT GO

“And the Lord said: “I have surely seen the oppression of My people who are in Egypt, and have heard their cry because of their taskmasters, for I know their sorrows. So I have come down to deliver them out of the hand of the Egyptians, and to bring them up from that land to a good and large land, to a land flowing with milk and honey...” Exodus 3:7-8

“Come now, therefore, and I will send you to Pharaoh that you may bring My people, the children of Israel, out of Egypt.” But Moses said to God, “Who am I that I should go to Pharaoh, and that I should bring the children of Israel out of Egypt?” Exodus 3:10-11

2. JUST TAKE A STEP

“Our steps are made firm by the Lord, when he delights in our way; though we stumble, we shall not fall headlong, for the Lord holds us by the hand.” PSALM 37:23-24

“In everything give thanks; for this is the will of God for you in Christ Jesus. Do not quench the Spirit” 1 Thessalonians 5:18-19

3. LET GO & LET GOD

“But I am poor and sorrowful; Let Your salvation, O God, set me up on high. I will praise the name of God with a song, And will magnify Him with thanksgiving.”

“Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the Lord, I will be joyful in God my Savior. The Sovereign Lord is my strength; he makes my feet like the feet of a deer, he enables me to tread on the heights.” Habakkuk 3:17-19

“For the Lord will comfort Zion, He will comfort all her waste places; He will make her wilderness like Eden, And her desert like the garden of the Lord; Joy and gladness will be found in it, Thanksgiving and the voice of melody.” Isaiah 51:3

**Do you believe that God can transform
your waste places into His dwelling place?**

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Part 3: Thankful for Him

*In everything give thanks; for this is the will of
God in Christ Jesus for you.*

1 Thessalonians 5:18

IS A LIFE OF THANKSGIVING POSSIBLE?

“Don’t be afraid... Those who are with us are more than those are with them.” 2 Kings 6:16

“Then Jesus said to them, ‘Most assuredly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you... For My flesh is food indeed, and My blood is drink indeed. He who eats My flesh and drinks My blood abides in Me, and I in him.’” John 6:53-56

“From that time, many of His disciples went back and walked with Him no more. Then Jesus said to the twelve, ‘Do you also want to go away?’ But Simon Peter answered Him, “Lord, to whom shall we go? You have the words of eternal life. Also we have come to believe and know that You are the Christ, the Son of the Living God.” John 6:66-69

NO MATTER WHAT... I WILL REMAIN IN HIS PRESENCE

BE PATIENT.

“But let patience have its perfect work, that you may be perfect and complete, lacking nothing.” James 1:4-8

“After these things Jesus showed Himself again to the disciples at the Sea of Tiberias, and in this way He showed Himself: Simon Peter, Thomas called the Twin, Nathanael of Cana in Galilee, the sons of Zebedee, and two others of His disciples were together. Simon Peter said to them, ‘I am going fishing.’” John 21:1-3

EXPECT TO RECEIVE FROM GOD

“... Jesus said to Simon Peter, ‘Simon son of John, do you love me more than these?’ ‘Yes, Lord,’ he said, ‘you know that I love you.’ Jesus said, ‘Feed my lambs.’ Again Jesus said, ‘Simon son of John, do you love me?’ He answered, ‘Yes, Lord, you know that I love you.’ Jesus said, ‘Take care of my sheep.’ The third time he said to him, ‘Simon son of John, do you love me?’ Peter was hurt because Jesus asked him the third time, ‘Do you love me?’ He said, ‘Lord, you know all things; you know that I love you.’” John 21:15-17

“If we thank God concerning gifts only, then our love is for gifts not for God the giver of the gifts! If however we give thanks to God over tribulation we prove that we love God Himself and not His gift... that we do not only love Him for what He gives us of wealth, generosity, comforts of life, or what He grants us of calmness and peace.” H.H. Pope Shenouda III

Welcome

Whether you're just visiting or looking to stay, it's great to have you with us!

COFFEE'S ON US

Enjoy a hot cup of coffee and snacks.

WE'D LOVE TO MEET YOU

Stop by the Connection Table so we can get to know each other and pick up your welcome gift.

FILL YOUR BUCKET

The Well and Sunday school runs for one hour with an inspiring message.



EVERYTHING IN ONE SPOT

CHECK OUT OUR STSA CHURCH APP



- Sign up for Groups and Events
- Catch up on Sermons & The Well
- Calendar, Notes, and more!

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