



*Have a
wonderful
Thanksgiving!*

*Praise the Lord! For
it is good to sing
praise to our God; for
it is pleasant, and
praise is beautiful",
Psalm 147 verse 1.*

*"Sing to the Lord with
thanksgiving, sing praises on the harp to our God", Psalm 147 verse 7*

Thanksgiving in the US is celebrated on the fourth Thursday in November, and is a huge travel weekend. People fly across the country to share dinner with family and friends.

For the Christian, every day should be Thanksgiving Day. We should even be thankful in the midst of problems. The Apostle Paul said, "I am exceedingly joyful in all our tribulation" (2 Corinthians 7:4). He knew that God was working all things together for his good, even though he was going through trials (Romans 8:28).

Problems *will* come your way. God will see to it personally that you grow as a Christian. He will allow the storms, to send your roots deep into the soil of His Word. We pray more in the midst of problems, but it's been well said that you will see more from your knees, than you will on your tip toes.

A man once watched a butterfly struggling to get out of its cocoon. In an effort to help it, he took a razor blade, and carefully slit the edge of the cocoon. The butterfly escaped from its problem ... and immediately died.

It is God's way to have the butterfly struggle. It is the struggle that causes its tiny heart to beat fast, and send the life's blood into its wings.

Trials have their purpose. They make us struggle—they bring us to our knees. They are the cocoon in which we often find ourselves. It is there that the life's blood of faith in God helps us spread our wings.

Faith and thanksgiving are close friends. If you have faith in God, you will be thankful because you know His loving hand is upon you, even though you are in a lion's den. That will give you a deep sense of joy, and joy is the barometer of the depth of faith you have in God.

An old farmer once had an ungodly relative visit him. After the farmer had bowed his head and thanked God for the food they were about to eat, the relative rudely said, "What did you do that for? There's no God. We live in an age of enlightenment." The old farmer smiled and said, "There is one on the farm who doesn't thank God before he eats." The relative sat up and said, "Who is this enlightened one?" To which the farmer quietly replied, "My pig."

Thanksgiving Dinner Tips:



Take these healthy tips along with you when you go to Thanksgiving dinner

EAT HEALTHY!!

- **Don't go to the Thanksgiving dinner hungry:** we often eat faster and more when we are hungry - therefore eat a wholesome breakfast and lunch on the day to avoid overeating at dinner time.
- **Thanksgiving dinner is not an all-you-can-eat buffet:** Fill your plate half with vegetables, one quarter with a lean meat and the rest with a starch of your choice. Eat slowly and stop when you are full.
- **Turkey - go skinless:** choose your 4-oz turkey portion skinless to slash away some fat and cholesterol. Save your appetite for the side dishes and desserts.
- **Side Dishes - watch your portion size:** go for smaller portions. This way you can sample all the different foods. Moderation is always the key.
- **Make a conscious choice to limit high fat items:** high fat food items can be found in fried and creamy dishes as well as cheese-filled casseroles in a traditional Thanksgiving meal. For instance, mashed potatoes are usually made with butter and milk; green bean casseroles are often prepared with cream of mushroom soup, cheese and milk and topped with fried onions; candied yams are loaded with cream, sugar and marshmallows. If you cannot control the ingredients that go in to a dish, simply limit yourself to a smaller helping size. Again moderation is the key.



Andrea George
Faith Fitness Director
972-693-6758
faith_fitness@yahoo.com

Friendship West Baptist Church
Dr. Frederick D. Haynes, III
2020 W. Wheatland Rd.
Dallas, Texas 75232
972-228-5200



November 2010 Faith Fitness Class Schedule

*"Bring a friend or Family member and come
ready for a workout!"*

Tuesday November 2, 9, 16, 23 and 30

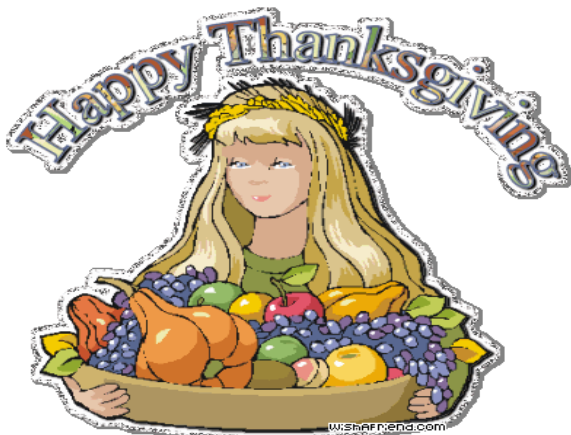
6:45pm-7:45pm - Low Impact Workout
7:45pm-8:30pm The Fit Kids Workout
7:45pm- 8:45pm- Dance For Christ with
Wendell Ross

Thursday November 4, 11, 18 (No Class on Thanksgiving)

6:45pm-7:45pm - Step Aerobics "Steppin For
Christ"
7:45pm-8:30pm The Fit Kids Workout
7:45pm- 8:45pm- Dance For Christ with
Wendell Ross

Saturday November 6, 13, 20 and 27

8:00 a.m.—9:00 a.m.—Workout at John-
son Chapel:
9:00am-10:00am- Walk For Christ Group Walk



A THANKSGIVING PRAYER

Dear precious Lord,
We bow our heads in heartfelt, thankful prayer;
For all the ways You've blessed our lives
And for Your loving care.
We thank You for the hands
That have prepared this special treat
And pray that You will bless all those
Who have no food to eat.

We're thankful for Salvation's plan
And for Your Holy Word;
And pray we'll help to spread
Your love to those who've never heard.
We're thankful for our freedom
And for churches that are near;
Where we can meet to praise Your Name
And worship without fear.

But still our hearts are saddened
By our brothers who aren't free;
Who suffer death and torture
For their Christianity.
We pray You'll give them strength
And courage as their cross they bear;
And let them know God's family
Remembers them in prayer.

We thank You for heroic troops
Who fight for liberty;
And daily risk their lives
And limbs to keep our country free.
Forgive us of our many sins
And keep us close today;
And bless this food You've given us,
In Jesus Name, we pray.. Amen
Amen