

The Transformative Power of Thanksgiving

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Broadcast Date: 11/26/25

Message Date: 11/23/23 ● 10:00 A.M.

Scriptures:

- Psalm 92:1, *NLT*
- Philippians 4:6, 7, *NLT*
- Job 1:21, *NLT*
- 1 Thessalonians 5:18, *NLT*
- Psalm 34:1, *NLT*
- Psalm 100:4, *NLT*
- Acts 16:25, 26, *NLT*
- Hebrews 13:15, *NLT*
- 1 Peter 3:10, *NLT*
- Galatians 6:4, *NLT*
- 2 Corinthians 10:12, *NLT*

Summary:

Knowing how to handle our feelings is part of being emotionally mature. It's necessary not just during the holiday season, but on a daily basis as well. We all experience struggles, disappointments, and anxieties, but we don't have to let them dominate us. The ability to give thanks is a powerful tool in exerting our authority over our emotions. Doing this gives us strength, peace, and joy even in the midst of life's challenges. We can learn much from the grateful attitudes that Job, David, Paul, and Silas displayed despite adversity. Learning how to be thankful no matter what the circumstances are gives us great power.

Notes:

1. Giving thanks gives us the right attitude and protects us from negative emotions.
2. We're in spiritual warfare with the devil, who attacks our emotions. We fight back and win when we use thanksgiving as a weapon against him. This gives us transformative power.
3. The Bible gives us examples of the power of maintaining a thankful, grateful attitude.
4. Thanksgiving is a catalyst for joy. It has the power to transform our perspective and foster a heart of joy.
5. Giving thanks for the blessings we have pleases God. It improves the quality of our lives.
6. We mustn't allow ourselves to complain about anything. It's imperative to watch what comes out of our mouths; complaining is evil and paralyzes the voice of thanksgiving.

Category: spiritual growth

Keywords: transformative, power, thanksgiving, emotionally, thanks, powerful, emotions, grateful