



Elm Grove Baptist Church
8180 Barksdale Boulevard
Bossier City, LA 71112

White Steeple Banner

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“O give thanks to the Lord, for He is good; for His mercy endures forever.” (Psalm 107:1)

A growing body of research has tied an attitude of gratitude with a number of positive emotional and physical health benefits. A November 2010 article in The Wall Street Journal summarized the research:

Adults who frequently feel grateful have more energy, more optimism, more social connections and more happiness than those who do not, according to studies conducted over the past decade. They're also less likely to be depressed, envious, greedy, or alcoholics. They earn more money, sleep more soundly, exercise more regularly, and have greater resistance to viral infections.

Now, researchers are finding that gratitude brings similar benefits in children and adolescents. [Studies also show that] kids who feel and act grateful tend to be less materialistic, get better grades, set higher goals, complain of fewer headaches and stomach aches, and feel more satisfied with their friends, families, and schools than those who don't.

The researchers concluded, "A lot of these findings are things we learned in kindergarten or our grandmothers told us, but now we have scientific evidence to prove them."

I don't know about you, but I don't need scientific research to prove the benefits of a thankful heart. The Bible uses the word "thanks" or "thanksgiving" over 100 times. The phrase, "give thanks" appears 59 times in the Bible, almost always in reference to giving thanks to the Lord.

The Lord is the source and object of our thanksgiving. We thank the Lord because of who He is and we thank the Lord because of what He

has done. Our God is our creator, our sustainer, our provider, our deliverer, our redeemer, and our savior through Jesus Christ.

In Psalm 73, the psalmist Asaph looked around at all of his troubles and felt very depressed. But when he turned his thought toward the Lord, he realized that even though life is unfair, God is good. He concluded his psalm this way:

“Whom have I in heaven but you? And there is nothing on earth that I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever.” (Psalm 73:25-26)

This thanksgiving season, no matter what is happening in your life, would you give thanks to the Lord, for he is good and his mercy endures forever!

The shepherd loves the sheep!
Pastor Brian



NOVEMBER BIRTHDAYS

Linda Young	2nd
Pam Marange	4th
Diana Lott	5th
Leilani Wray	5th
Nell Sparks	6th
Noah Fox	8th
Brett Frazier	8th
Vicky Ray	10th
Christine Fox	18th
Erin Phipps	21st
Loyce Anderson	22nd
Jimmie Hudson	23rd
Susan Merriott	25th
Linda Brown	29th
Robert Payne	29th

ANNIVERSARIES

Patrick & Jessica Humphrey	17th
Dean & Bobbie Branch	17th
Bob & Marie Gilligan	24th



**October 31st
6 to 8 p.m.**

**Join us for
FUN ■ FOOD ■
FELLOWSHIP**

**Needs: E-Z Up
Canopies, Candy, Cakes
for Cake Walk,
Volunteers**



**Fellowship
Saturday, November 10th
from 1 to 4 p.m.
In the Fellowship Hall**



CHARLIE'S CHATS

We are working on the Christmas Program *Silent Night, Holy Night* every Wednesday starting at 6:30. Thanks to all of you who are so faithful to come to all the rehearsals! We welcome anyone interested in joining us! It's not too late...there's a place just for YOU!

We encourage you to come to our Family Fall Festival Wednesday from 6 to 8 p.m. There will be games for the kids, bounce house, hot dogs to eat and best of all...it's free!



To Help Send Youth to YEC - cost \$65 each. Contact the church office to become a sponsor!



Samaritan's Purse
Operation Christmas Child
Shoe Box Pack & Pray party
Sunday, November 4th
immediately after Morning
Worship.



**Church-Wide
Thanksgiving
Dinner
November 18th
After Morning Worship**
**Bring your favorite
covered dish!**



**SUNDAY
SCHOOL**

*Make the Connection
with Others
This Sunday at 9:30 a.m.*

WEEKLY EVENTS

Sunday	
Sunday School	9:30 a.m.
Morning Worship	10:45 a.m.
Wednesday	
Fellowship Supper	5:30 p.m.
Children's Worship	6:30 p.m.
Youth Worship	6:30 p.m.
Prayer Meeting	6:30 p.m.
Praise Choir	6:30 p.m.

Church Council Meeting
Sunday, November 4th After
Morning Worship
Monthly Business Meeting
Sunday, November 11th
After Morning Worship



**Set
Your
Clocks
Back!**
**SUNDAY,
NOVEMBER 4TH**



Our prayer for you this season is that your hearts and lives will be increasingly thankful to the Lord for His eternal love, grace, peace, and presence in your life.