



“A New Look at Thanksgiving”

By Shelley Hitz

Welcome to the Find Your True Beauty podcast! Girls, it's time to take a stand for true beauty. In a world that idolizes outer beauty, let's come together and learn to display our true beauty. I'm Shelly Hitz the author of the website: findyourtruebeauty.com, and today I want to talk to you about thanksgiving.

For many of us here in the United States, we celebrated Thanksgiving this past Thursday, and for a lot of us that meant eating a big meal of turkey and stuffing and mashed potatoes. And having family time, and just hanging out. For some of us it meant shopping on black Friday. But you know, I was challenged this week with another definition of thanksgiving, another meaning of thanksgiving. And I want to share with you a little bit about that today.

When I think of thanksgiving I also think of a few verses that come to mind. Psalm 100:4 says: *Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.* And then 1 Thessalonians 5:16-18 says: *Rejoice with people always, pray continually, give thanks in all circumstances, for this is God's will for you in Christ Jesus.* And I don't know about you, but it is hard for me to give thanks in all circumstances. It's so much easier for me to be negative, and to be a complainer. And to focus on the things that aren't going well in my life, and to be critical. And it's just a natural way that I tend to be. It's just natural I think as humans just to want to enter that negativity and that criticism and all those negative emotions. So it's difficult for me, but I was reading this devotion this week from *Jesus Calling*, by Sarah Young. And she writes from God's perspective and I just want to share a quote from that devotional, from November 22nd. Say's:

A thankful attitude opens the windows of heaven. Spiritual blessings fall freely onto you through those openings into eternity. Thankfulness is not some sort of magic formula. It is the language of love, which enables you to communicate intimately with me. A thankful mindset does not entail a denial of reality with its plethora of problems. Instead it rejoices in me, your Savior, in the midst of trials and tribulations. I am your refuge and strength, an ever present and well-proved help in trouble.

And as I was reading this, I got this picture of a thankful attitude opening the windows of heaven. Can you just picture that right now? Opening the windows of heaven, and those spiritual blessings beginning to fall down upon us.

And I realized that it's important for me to be thankful, to be grateful, for what I do have, because I have so much. And I want to encourage you today, to begin to practice a spirit of gratitude, a thankful attitude.

I encourage you right now, to sit down and write out 5 things that you are thankful for in your life. And even post it to your facebook or myspace wall or send an e-mail to a friend and ask them what are you thankful for. Because when we practice that spirit of thankfulness, that spirit of gratitude, we can picture that the windows of heaven are opening up for God's blessing to fall on us. I'm Shelley Hitz, and I pray that you practice a spirit of thankfulness this week.



Shelley Hitz is an ordinary person, just like you, with struggles and trials. And yet, God is doing extra-ordinary things through this "jar of clay." 2 Cor 4:7 says, *"We have this treasure in jars of clay to show that this all surpassing power is from God and not from us."*

Her heart is to help teen girls and women through her website, www.FindYourTrueBeauty.com, that reaches thousands of people each month around the world with God's truth. She is also the author of the book, "Mirror Mirror...Am I Beautiful" and has co-authored a book with her husband CJ, "The Mathematics of Jesus, Making Sense of Life When Life Doesn't Seem to Add Up." Shelley's openness and vulnerability as she shares her own story of hope and healing will inspire and encourage you.

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