



# The Well

an ordinary place  
where extraordinary  
things happen

[STSA.CHURCH/THEWELL](https://STSA.CHURCH/THEWELL)

THANKS  
LIVING

It's not the day we celebrate; **it's the life we live**



## **PART 1: THANKSGIVING VS THANKSLIVING**

**THANKSGIVING IS A DAY WE CELEBRATE.  
THANKSLIVING IS A LIFE WE LIVE.**

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

**THANKFULNESS DRAWS US INTO GOD'S PRESENCE.  
UNTHANKFULNESS LEADS US OUT.**

### **LUKE 17:11-18:**

Now it happened as He went to Jerusalem that He passed through the midst of Samaria and Galilee. Then as He entered a certain village, there met Him ten men who were lepers, who stood afar off. And they lifted up their voices and said, "Jesus, Master, have mercy on us!"

So when He saw them, He said to them, "Go, show yourselves to the priests." And so it was that as they went, they were cleansed.

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? Were there not any found who returned to give glory to God except this foreigner?"

**GRATITUDE ISN'T JUST AN ACTION, IT'S A MINDSET.  
BUT IT ISN'T JUST A MINDSET, IT'S A PRACTICE.**

"It is good to give thanks to the Lord, and to sing praises to Your name, O Most High; to declare Your lovingkindness in the morning, and Your faithfulness every night," Psalm 92:1-2



“With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, gratitude also helps people connect to something larger than themselves as individuals... Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.”

*"Giving Thanks Can Make You Happier", Harvard Health Publishing*

## A THANKFUL ATTITUDE IS A RESULT OF THANKFUL PRACTICES.



“Without exception, every person I interviewed who described living a joyful life or who described themselves as joyful, actively practiced gratitude and attributed their joyfulness to their gratitude practice... When it comes to gratitude, the word that jumped out at me throughout this research process is practice.”

*The Gifts of Imperfection, Brene Brown*

### EXCERPT FROM DIDACHE 9 AND 10

Now concerning the Thanksgiving (Eucharist), thus give thanks. First, concerning the cup: We thank you, our Father, for the holy vine of David Your servant, which You made known to us through Jesus Your Servant; to You be the glory forever. And concerning the broken bread: We thank You, our Father, for the life and knowledge which You made known to us through Jesus Your Servant; to You be the glory forever...

But after you are filled, thus give thanks: We thank You, holy Father, for Your holy name which You caused to tabernacle in our hearts, and for the knowledge and faith and immortality, which You made known to us through Jesus Your Servant; to You be the glory forever. You, Master almighty, created all things for Your name's sake; You gave food and drink to men for enjoyment, that they might give thanks to You; but to us You freely gave spiritual food and drink and life eternal through Your Servant. Before all things we thank You that You are mighty; to You be the glory forever.

# THANKS LIVING

## PART 2: IN EVERYTHING

**IN EVERYTHING GIVE THANKS, FOR THIS IS THE WILL OF  
GOD IN CHRIST JESUS FOR YOU.**

**-1 Thessalonians 5:18**

My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing. -James 1:2-4

### **1- GRATITUDE IN EVERYTHING... LEADS TO PATIENCE**

Wait on the Lord; Be of good courage, And He shall strengthen your heart;  
Wait, I say, on the Lord! -Psalm 27:14

### **2- GRATITUDE IN EVERYTHING... LEADS TO PERFECTION = LACKING NOTHING!**

### **3- GRATITUDE IN EVERYTHING... LEADS TO PURPOSE**

- Happiness can only be achieved by looking inward and learning to enjoy whatever life has and this requires transforming greed into gratitude. - St John Chrysostom
- And we know that all things work together for good to those who love God, to those who are the called according to His purpose. -Romans 8:28
- Ten Boom Story: Thankful for the Fleas
- One act of thanksgiving when things go wrong with us is worth a thousand thanks when things are agreeable to our inclinations. - St John of Avila

**DON'T WASTE YOUR PAIN, BUT FIND THE PURPOSE IN IT.**

But he remained immovable in the fear of God, giving thanks to God all the days of his life. -Tobit 2:14

**GRATITUDE IN EVERYTHING LEADS TO  
PATIENCE, PERFECTION, PURPOSE**

### **HOW TO RESPOND?**

#### **REFRAME IT.**

For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us. Romans 8:18

#### **CHANNEL IT.**



## PART 3: THANKFULNESS AND GENEROSITY

**THANKFULNESS DRAWS US INTO GOD'S PRESENCE.  
UNTHANKFULNESS PUSHES US OUT.**

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

**A THANKFUL HEART LEADS TO A GENEROUS LIFE.**

"So they continued bringing to him freewill offerings every morning. Then all the craftsmen who were doing all the work of the sanctuary came, each from the work he was doing, and they spoke to Moses, saying, "The people bring much more than enough for the service of the work which the Lord commanded us to do." So Moses gave a commandment, and they caused it to be proclaimed throughout the camp, saying, "Let neither man nor woman do any more work for the offering of the sanctuary." And the people were restrained from bringing, for the material they had was sufficient for all the work to be done—indeed too much." Exodus 36:3-7

**THANKFULNESS LEADS TO GENEROSITY,  
AND GENEROSITY LEADS TO THANKFULNESS.**

*"You can't outgive God."*

"There is one who scatters, yet increases more; and there is one who withholds more than is right, but it leads to poverty. The generous soul will be made rich, and he who waters will also be watered himself." Proverbs 11:24-25

## **GIVE REGULARLY AND GIVE WORSHIPFULLY**

“Command those who are rich in this present age not to be haughty, nor to trust in uncertain riches but in the living God, who gives us richly all things to enjoy. Let them do good, that they be rich in good works, ready to give, willing to share.” 1 Timothy 6:17-18

### Litany of the Oblations

Remember, O Lord, the sacrifices, the offerings and the thanksgivings of those who have offered to the honor and glory to Your holy name. Receive them upon Your holy, rational altar of heaven as a sweet savor of incense before Your greatness in the heavens, through the service of Your holy angels and archangels.

As you have received the gifts of the righteous Abel, the sacrifice of our father Abraham and the two mites of the widow so also receive the thank offerings of Your servants, those in abundance or those in scarcity, hidden or manifest. Those who desire to offer to You but have none, and those who have offered these gifts to You this very day, give them the incorruptible instead of the corruptible, the heavenly instead of the earthly and the eternal instead of the temporal.

Their houses and their stores, fill them with every good thing. Surround them, O Lord, by the power of Your holy angels and archangels. As they remembered Your holy name on earth, remember them also, O Lord, in Your kingdom, and in this age too, leave them not behind.

### John 3:16

“For God so loved the world that He **gave**  
His only begotten Son, that whoever  
believes in Him should not perish but have  
everlasting life.”

# STSA MINISTRIES

BRING AN ANCIENT FAITH  
TO YOUR MODERN WORLD

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STSA Church was established in April 2012 with a mission to "bring an ancient faith to a modern world." We attempt to do that by presenting the depth and richness of our Orthodox Christian faith, in a way that's relevant and applicable to life in the 21st century.

STSA MINISTRIES IS A  
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