WHAT IF MY MOTIVE IS WRONG?

Pause: Give yourself time to examine your heart before continuing.

Confess: Ask God to forgive your resentment and change your attitude and heart.

Remember: Recall God's faithfulness and name specific reasons to be thankful.

Respond: Bring any legitimate concern to the right person with honesty, humility, and a desire to help. If your words have caused harm, ask for forgiveness from and reconcile with them.

A SHORT PRAYER

"Father, You know my heart. Forgive me where resentment, pride, or selfishness has shaped my words. Help me remember Your goodness and respond with gratitude. Give me wisdom to address what is wrong with truth and love, and willingness to change what is wrong in me. Amen."

SCRIPTURES TO MEDITATE ON

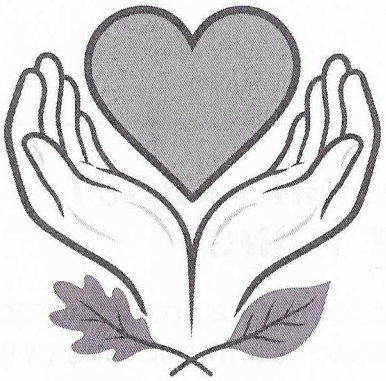
Psalm 139:23–24: Invite God to search your heart and lead you.

Psalm 103:1–5: Remember His benefits and bless His name.

1 Thessalonians 5:16–18: Practice rejoicing, prayer, and thanksgiving.

Ephesians 4:29–32: Build others up; put away bitterness; practice kindness and forgiveness.

A Constructive Complaint or a Grumbling Spirit?



Gratitude does not require us to ignore problems. These four questions can help us address concerns truthfully while guarding our hearts against resentment.

Companion material to the sermon
"Remember and Give Thanks with a Grateful Heart"
Given by Jadaé Fox
November 22, 2026
Psalm 103:1–14

1. AM I TALKING TO THE RIGHT PERSON?

Constructive: Speak with the person involved, someone who can address the concern, or a trusted person who can offer wise counsel.

Warning sign: Talking with people who cannot help because you want them to take your side or share your frustration.

SEE: Matthew 18:15; Proverbs 15:22; Proverbs 16:28.

2. AM I TALKING ABOUT THE RIGHT THING?

Constructive: Identify a specific problem and stick to what you know: "Someone was overlooked. How can we help?"

Warning sign: Exaggerate, assume motives, or attack someone's character: "They never care about anyone."

SEE: Acts 6:1–7; Proverbs 18:13, 17; Ephesians 4:25.

LOOK AT THE FRUIT
Constructive complaints can lead to understanding, correction, practical help, and peace.

3. AM I TALKING FOR THE RIGHT REASON?

Constructive: Speak because you care about the people involved and want to help make things right.

Warning sign: Speak to embarrass someone, get even, prove your superiority, or have your resentment affirmed.

SEE: Galatians 6:1; Philippians 2:3–4; Ephesians 4:29–32.

4. AM I LOOKING FOR THE RIGHT OUTCOME?

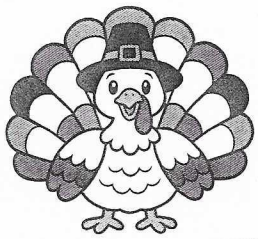
Constructive: Seek a fair solution, protection for those affected, and restored relationships where possible. Be willing to listen and reconsider your assumptions.

Warning sign: Insist on getting your way, winning the argument, or seeing someone punished—even when a fair solution is offered.

SEE: James 3:16–18; Romans 12:18–19.

Grumbling feeds bitterness, suspicion, division, and distrust. **Remember God's goodness. Give thanks.** Psalm 103:2; 1 Thessalonians 5:18

An American Tradition of Giving Thanks to God



We often associate Thanksgiving with the Pilgrims and the Wampanoag people sharing a harvest celebration at Plymouth in **1621**. That gathering became a memorable part of Thanksgiving's story, but the national holiday developed much later through:

* Presidential calls to give thanks to God *

In **1789, President George Washington** proclaimed a day of thanksgiving to God, particularly for the opportunity to establish the nation's new government peacefully. In **1815, President James Madison** called for thanksgiving following the restoration of peace after the War of 1812. These early presidential observances were occasional rather than a fixed annual tradition. Then, in **1863, amid the Civil War, President Abraham Lincoln** designated the last Thursday of November as a day of thanksgiving, acknowledging God's provision even during national suffering and establishing the precedent followed annually by succeeding presidents. Finally, in **1941, Congress passed legislation signed by President Franklin D. Roosevelt** fixing Thanksgiving on the fourth Thursday of November. Its history offers a fitting reminder: people were called to remember God's goodness both in seasons of blessing and in times of hardship.

Sources: National Archives; American Presidency Project; Plimoth Patuxet Museums.