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# How Thanksgiving Protects Your Soul

Col. 1:28-2:8

Suffering shakes the believer’s sense of security like nothing else in life. Are you vulnerable or impervious? Of the multiple weapons evil spiritual forces utilize, **mind games** (2:4,8) are the favoured, especially during seasons of physical suffering (1:24). If the evil one can get your mind, he will get your heart.

To those who have *the hope of glory*—Christ in you! (1:27), the goal is your **MATURITY**, so that you will remain firm in your faith in Christ (2:5)…

* Let encouragement flow liberally *because discouragement can cause people to look elsewhere.*
* Lavish love on each other *because love takes the truth and embeds it into a tight emotional bond and firm convictions (3:14)*

Promise 🡪 your understanding of what you have in Christ soars (2:2,3).

**So that** you are not easily *deceived* into trading all the treasures and wisdom of Christ for “fine-sounding arguments” (2:4,5)…

*To your right start, continue by…* (2:6,7)

* Remaining, through Christ
* Being built up, through Christ
* Being strengthened, through Christ
* Overflowing with thankfulness *to Christ*

**So that** you are not *duped* into filling yourself with the emptiness of “hollow and deceptive philosophies” *and* *go shopping for alternative dependencies* rather than the all-sufficiency of Christ (2:8, 9f).

Is Jesus enough? ***Thanksgiving*** *guards your heart from making a fatally wrong decision to that question.*