



# A Step Above

Personal Training Concepts



## A Blissful Thanksgiving To All of God's Creation



### Jinjer's Thoughts



## “Christ-Giving” 2009

Thanksgiving is a time of year to enjoy your families, extended families and friends. You may see relatives who come from a far on this nationally proclaimed day of the year. Foods are prepared for this day of fellowship as joy and laughter arise with hope. That **“this is the day the Lord has made, let us rejoice and be glad in it.”** [Psalm 118:24 NIV].

The Thanksgiving Proclamation of 1863 was implemented, by former President Abe Lincoln. This is what he thought about Thanksgiving and why it should be celebrated. I have copied and pasted some excerpts from an article written by Pastor Mark Roberts. To read the entire proclamation log on to ([mark@mark-roberts.com](mailto:mark@mark-roberts.com), 2004).

*The year that is drawing toward its close has been filled with the blessings of fruitful fields and healthful skies. To these bounties, which are so constantly enjoyed that we are prone to forget the source from which they come, others have been added which are of so extraordinary*

*a nature that they can not fail to penetrate and soften even the heart which is habitually insensible to the ever-watchful providence of Almighty God.*

*No human counsel hath devised nor hath any mortal hand worked out these great things. They are the gracious gifts of the Most High God, who, while dealing with us in anger for our sins, hath nevertheless remembered mercy.*

*I do therefore invite my fellow-citizens in every part of the United States, and also those who are in foreign lands, to set apart and observe the last Thursday of November next as a day of thanksgiving and praise to our beneficent Father who dwelleth in the heavens. And I recommend to them that while offering up the ascriptions justly due to Him for such singular deliverances and blessings they do also, with humble penitence for our*



*national perverseness and disobedience, commend to His tender care all those who have become widows, orphans, mourners, or sufferers in the lamentable civil strife in which we are unavoidably engaged, and fervently implore the imposition of the Almighty hand to heal the wounds of the nation and to restore it, as soon as may be consistent with the divine purpose, to the full enjoyment of peace, harmony, tranquility [sic], and union.*

Written by one of our Christian

forefathers a 146 years ago, is comforting. Abe Lincoln attributed everything giving all the glory to God on this day of remembrance. It is a wonderful feeling to know that this holiday was truly founded on Christian principles and furthermore, proclaimed by one of our own forefathers of the United States of America.



Our Christian indian, Squanto, is also a Thanksgiving hero who brought the Indians and Pilgrims together at Plymouth (now Plymouth, Massachusetts) on the first Thanksgiving Day feast in 1621. I have inserted an excerpt from this historical Thanksgiving event.

**“Thank You, great God, for the bounty You have supplied to us. Thank You for protecting us in hardship and meeting all our needs. . . And thank You for bringing to us the Indian Squanto, your own special instrument to save us from hunger and help us to establish our colony in this new land.”**

[www.joyful-heart.com/thanksgiving/squanto.htm](http://www.joyful-heart.com/thanksgiving/squanto.htm)



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# Christ-Giving (con't)

Even the Apostle Paul, in the New Testament also is recognized for giving thanks under all circumstances such as rejection, subversion, physical beatings, in addition to martyrdom for the sake of sharing the Gospel.

**“But thanks be to God! He gives us the victory through our Lord Jesus Christ.” [1 Cor 15:57, NIV]**

**“Is not the cup of thanksgiving for which we give thanks a participation in the blood of Christ? And is not the bread that we break a participation in the body of Christ?” [1 Cor 10:16, NIV]**

**“Let us come before him with thanksgiving and extol him with music and song” [Psalm 95:2, NIV]**

## Health & Nutrition

This recipe came from the September 2009, SHAPE, magazine. I am a salad lover and a spinach salad with a mix of many different goodies is one of my favorites. So I thought during this Thanksgiving holiday I would try it.



### SPINACH, BACON, AND SWEET POTATO SALAD

- 2 sweet potatoes, peeled, cut into pieces
- ¼ cup of olive oil,
- Salt and freshly ground black pepper
- 2 thick slices of bacon
- 1 red bell pepper, cored and chopped
- 1 small red onion, halved and thinly sliced
- 1 tablespoon fresh ginger, peeled and minced
- 1 teaspoon ground cumin
- Juice from 1 orange
- 1 pound fresh spinach

Preheat oven 400 degrees. Put potatoes on a baking sheet, drizzle with two tablespoons of the oil, sprinkle with salt and pepper; toss to coat. Roast for about 30 minutes, turning occasionally, until crisp and brown outside and tender inside. Remove and keep on the pan until ready to use. Cook bacon in skillet until crisp. After removing bacon, let remaining bacon grease cool first before adding left over olive oil. When hot, add bell pepper, onion, and ginger to the pan. Cook, stirring once or twice until just softened, about five minutes; stir in cumin and bacon (broken into pieces). Add orange juice and turn off heat. Put spinach in a bowl and top off with sweet potatoes and warm dressing.

In closing, I would like to dedicate this Thanksgiving year, 2009, to our Lord, Jesus Christ for my spiritual growth through relationship with him. No matter how stressful my day, how much I might struggle with finances, family problems, health problems, or losing a loved one to the battle of cancer; adversity has taught me to surrender myself to Christ, wave the white flag and say,

***“God apart from you, I can do nothing that I feel at peace about. I need your strength. Allow me to persevere and be resilient then I know through you I will overcome.”***

In all of this there is a great beauty. God is the same yesterday, today and tomorrow. He is loving and merciful, giving his children [us] an abundance of grace, unmerited and unearned.

**“Let us be thankful, and so worship God acceptably with reverence and awe,” [Hebrews 12:28, NIV]**

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