



**Gratitude:** The quality of being thankful, pleased. When you feel gratitude, you are pleased by what someone has done for you. The choice to celebrate by turning what we have into enough. Connected to contentment.

How powerful this definition can be in our lives and mental health, if we let it. Did you know that this is talked about in the Bible? A main author of the New Testament, Paul, is often talking about this concept and wrote about it while he was in prison. Imagine being in prison for not doing anything wrong except preaching a message (the life saving message) and a bunch of bullies were mad that you were telling it to people! Let alone all of the very hard and, at times, extreme circumstances that happened to Paul that we know of because they are recorded in the scriptures. He suffered beatings, imprisonment, a literal shipwreck, hunger and more that is shared in 2 Corinthians 11:23-27.

And through it all, he shares how moving his mind into thankfulness and gratitude is what kept his mind sane during suffering and hardships. (1 Thessalonians 5:18, Colossians 3:15, 17, Philippians 4:6, and so many more).

Do we exhibit gratitude ... being pleased by what Jesus has done for us?

I wanted to share with you about my friend Becca that I am thankful for this season, here is a short word from her:

**BECCA (Senior in Accounting):** "Meeting with Betsy this semester has been a blessing. We meet every week consistently, where she listens and speaks truth into my life. I am so excited to meet with Betsy every week and learn something new, she really helps me feel heard and loved in these times. I have experienced a lot of growth in my life and an understanding of God's role in my identity through talking to Betsy. I have felt God's presence and joy in these times. He has been pulling me towards Him this semester and truly been using Betsy to do that as well."

I am so excited that God has given me a front row seat into how He is at work in student's lives at Penn State.



Your prayers, encouragement, and financial support of me, of us, has honestly blown me away and has brought much gratitude to my heart. With Morgan transitioning out of a paid position and me transitioning into a larger role with The Navigators, we have had an overwhelming response of support on all levels. THANK YOU.

We are truly grateful for you all,  
Betsy and Morgan

## YEAR END OPPORTUNITY

Would you consider investing in our ministry this year end? I am trusting God for \$6,000.00 to finish this year out well. In order to give, please fill out and return the enclosed giving card by 12/30/21 or you can give online:

[NAVSTAFF.ORG/GIVE/22886485](https://NAVSTAFF.ORG/GIVE/22886485)