PRAISE

Thanksgiving

A Heart That Chooses Gratitude

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A Heart That Chooses Gratitude

https://www.youtube.com/watch?v=7hujNAmtA0c

> *Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.*
>
> 1 THESSALONIANS 5:18

Recently, I heard a story about the famous 18th-century Bible commentator Matthew Henry. On one occasion, he was mugged and robbed.

Rather than grumble about his misfortune, he wrote a remarkable prayer in his diary:

"Let me be thankful first because I was never robbed before; second, because although they took my purse, they did not take my life; third, because although they took my all, it was not much; and fourth, because it was I who was robbed, and not I who robbed."

Oh my! Now that's a man with an attitude of gratitude!

Choosing gratitude in spite of difficult circumstances brings to mind 1 Thessalonians 5:18: "Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus."

Notice the verse says in all circumstances, not for all circumstances. We don't have to be thankful for the pain, the loss, or the disappointment. But we can always find a reason to give thanks because our souls are anchored in God, not in our heartache.

Psalm 42:5 reminds us: "Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God."

What a beautiful reminder to speak hope to our own hearts when life gets difficult!

Melissa Boraski of Vineyard Music captures this very sentiment in a beautiful song that encourages us to praise God even when life hurts:

"Even when my heart is torn I will trust you, Lord Even in the darkest valley I will trust You, Lord."

What a powerful declaration of faith! Gratitude doesn't mean we ignore our struggles. It means we choose to trust the One who walks beside us through them.

Closing Prayer

Father, some days it is easy to give thanks, while other days it feels like the hardest thing in the world. When we are walking through a difficult season, help us look beyond our immediate circumstances and anchor our hearts in Your steadfast love. Open our eyes to recognize Your goodness, even in the midst of our struggles. Remind us no matter what we face, You are worthy of our praise. In Jesus' precious name, Amen.

Thought for Today

This Thanksgiving, in the spirit of gratitude, let's take an honest look at our current complaints, heartaches, and worries. I suspect we all have a few!

Identify the one thing causing you the greatest frustration or anxiety right now. Then, challenge yourself to look at it through the lens of 1 Thessalonians 5:18.

Let's find at least one reason to give thanks. And, make this our declaration: "Thank You, Lord! In spite of this...I will still praise You!"

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