

SOHL
WEEKLY MINISTRY MEDITATIONS



"A JOURNEY OF THE HEART"

WHY GIVING THANKS TO GOD IS SO IMPORTANT

(PART 1 OF 2)

November 12, 2018

The Bible is filled with commands to give thanks to God (**Psalm 106:1; 107:1; 118:1; 1 Chronicles 16:34; 1 Thessalonians 5:18**). Most verses go on to list reasons why we should thank Him, such as "His love endures forever" (**Psalm 136:3**), "He is good" (**Psalm 118:29**), and "His mercy is everlasting" (**Psalm 100:5**). Thanksgiving and praise always go together. We cannot adequately praise and worship God without also being thankful.

Feeling and expressing appreciation is good for us. Like any wise father, God wants us to learn to be thankful for all the gifts He has given us (**James 1:17**). It is in our best interest to be reminded that everything we have is a gift from Him. Without gratefulness, we become arrogant and self-centered. We begin to believe that we have achieved everything on our own. Thankfulness keeps our hearts in right relationship to the Giver of all good gifts.

Giving thanks also reminds us of how much we do have. Human beings are vulnerable to materialism. We tend to focus on what we *don't* have. By giving thanks continually we are reminded of how much we *do* have. When we focus on blessings rather than wants, we are happier. When we start thanking God for the things we usually take for granted, our perspective changes. We realize that we could not even exist without the merciful blessings of God.

SCRIPTURE: 2 CHRONICLES 5:13

THOUGHT FOR THE WEEK: Accept one another in the Lord just as Jesus has accepted you.