

SOHL  
WEEKLY MINISTRY MEDITATIONS



"A JOURNEY OF THE HEART"

## "WHY GIVING THANKS TO GOD IS SO IMPORTANT

(PART 2 OF 2)

November 19, 2018

**First Thessalonians 5:18** says, "In everything give thanks; for this is God's will for you in Christ Jesus." We are to be thankful not only for the things we like, but for the circumstances we don't like. When we purpose to thank God for everything that He allows to come into our lives, we keep bitterness at bay. We cannot be both thankful and bitter at the same time. We do not thank Him for evil, but that He is sustaining us through it (**James 1:12**). We don't thank Him for harm He did not cause, but we thank Him when He gives us the strength to endure it (**2 Corinthians 12:9**). We thank Him for His promise that "all things will work together for the good, to those who love God and are called according to His purpose" (**Romans 8:28**).

We can have thankful hearts toward God even when we do not feel thankful for the circumstance. We can grieve and still be thankful. We can hurt and still be thankful. We can be angry at sin and still be thankful toward God. That is what the Bible calls a "sacrifice of praise" (**Hebrews 13:15**). Giving thanks to God keeps our hearts in right relationship with Him and saves us from a host of harmful emotions and attitudes that will rob us of the peace God wants us to experience (**Philippians 4:6-7**).

On behalf of the "**SOHLMEDITATIONS**" ministry and staff, have a blessed and safe Thanksgiving holiday.

**SCRIPTURE:** PSALM 7:17

**THOUGHT FOR THE WEEK:** Regardless who's the president, Jesus is the King!