

Living a Thankful Life

Introduction

A thankful life is not something we stumble into, it is something we **choose**, something we **cultivate**, and something the Word of God repeatedly commands us to walk in.

I. The Command to Give Thanks

1. In everything, give thanks

1 Thes. 5:18(TPT) – And in the midst of everything be **ALWAYS GIVING THANKS**, for this is God’s perfect plan for you in Christ Jesus.

God never asks us to thank Him for sickness, pain, loss, or hardship. But He does call us to maintain a thankful posture in the middle of whatever we face.

Psalms 34:1(GNT) – I will **ALWAYS THANK** the Lord; I will never stop praising Him.

David makes a *decision*, not a suggestion. He says, “**I will always... I will never stop...**”

II. Why We Should Give Thanks

1. Because of Who God Is

We thank God not just for what He does, but for who He is.

Psalms 136:1(NIV) – Oh, give thanks to the Lord, for He is good; His loving-kindness continues forever.

- Thanksgiving focuses our attention on God’s unchanging nature, not our changing circumstances.

2. Because of What God Has Done

Redemption: Colossians 1:13–14(NLT) – For He has rescued us from the kingdom of darkness and transferred us into the Kingdom of His dear Son, 14 who purchased our freedom and forgave our sins.

God rescued us from what we couldn’t escape

We weren’t stuck in inconvenience, we were stuck in **darkness**, spiritual bondage, and sin. But God didn’t wait for us to improve-He **rescued** us.

Thanksgiving grows when we remember that we are standing where we stand today only because God reached down and pulled us out.

God redeemed us with full freedom and full forgiveness

Jesus Christ: Romans 8:32(NLT) – Since He did not spare even His own Son but gave Him up for us all, won't He also give us everything else?

- Paul reminds us that **our gratitude begins at the cross.**
- The gift of Jesus is the foundation of all our gratitude.
- The cross is proof that God will take care of everything else

3. Because of His Benefits

Psalms 103:2(NIV) – Praise the Lord, my soul, and forget not all His benefits

David reminds us that thanksgiving begins with **remembering**.

- **Thankfulness begins with remembering God's benefits**
- **Gratitude grows when we recognize God's daily goodness**

We are thankful not just for what God *has done*, but for what He keeps doing.

Some of His benefits include:

Daily provision: Matthew 6:31–33(NLT) – 31 So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear? 32 These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. 33 Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

Protection and deliverance: Psalm 34:7(NLT) – For the angel of the Lord is a guard; he surrounds and defends all who fear Him.

Answered prayers: 1 John 5:14–15(NIV) – 14 This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us. 15 And if we know that He hears us—whatever we ask—we know that we have what we asked of Him.

Salvation: Ephesians 2:8–9(NIV) – 8 For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God 9 not by works, so that no one can boast.

Paul reminds us that salvation is **pure grace**, not behavior, not performance, not effort.

Thankfulness grows when we realize that God loved us enough to give us something we could never achieve on our own.

Thankfulness becomes our posture because everything we have in Christ is the result of God's generosity, not our goodness.

Discussion Questions:

1. What does it mean to give thanks "in everything"?
2. Can you think of a time when it was hard to be thankful?
3. Why is it important to thank God for who He is, not just for what He does?
4. What are some simple ways we can show thankfulness to God in our daily lives?