In Everything, Give Thanks

Today's Reading: 1 Thessalonians 5:16–18 | Audio: Day 3

> *"Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you."*
>
> — 1 Thessalonians 5:16–18 (KJV)

DEVOTIONAL

This is one of those Scriptures that sounds simple until we actually have to live it. Notice what it does not say. It does not say, "Give thanks for everything," as if pain were good or suffering should be celebrated. God is not asking us to pretend loss does not hurt, to call evil good, or to deny reality. The command is to give thanks in everything.

That means gratitude is not suspended when life becomes difficult. Thanksgiving does not take a break because the storm is loud. The diagnosis may be real. The layoff may be unexpected. The relationship may be strained. The grief may still be fresh. The pressure may still be heavy. And still the Word says, "In every thing give thanks."

Thanksgiving in the storm is not denial. It is declaration. It declares that God is still sovereign, still present, still good—and that this circumstance will not have the final word.

Think about the disciples in the boat with Jesus. The storm was real. The water was real. Their fear was real. But Jesus was also real, and when He spoke, the storm had to obey. Sometimes we think peace means the storm disappears immediately. But sometimes peace begins when we remember who is in the boat with us. Gratitude helps us remember.

When you give thanks in a hard place, you are not pretending the hard place does not exist. You are refusing to let it become greater than God in your heart. You are saying, "Lord, I do not understand everything, but I still trust You. I do not like what I am walking through, but I still believe You are with me. This is painful, but You are still worthy." That kind of thanksgiving is powerful because it is not based on convenience. It is rooted in faith.

DAY 3 • JOURNAL & RESPONSE

REFLECT

1. *What circumstance in your life right now is making it most difficult to give thanks?*

2. *What would it mean to offer thanksgiving in the middle of it, not only after it changes?*

RESPOND: TODAY'S PRACTICAL STEP

- Write a short prayer today that begins with thanksgiving about the very situation causing you difficulty.
- Not because the situation is easy, and not because you have all the answers—but because God is present in it.
- You might begin: "Lord, I thank You that even here, You have not left me."

Lord, I thank You that even here…

PRAY

Father, thank You for being with us in every season. Thank You that our hardest moments do not push You away. Help us to give thanks, not only when life is easy, but even when life is uncertain. Teach us to declare Your goodness in the middle of the storm. Strengthen our faith. Quiet our fear. Remind us that You are present, You are sovereign, and You are worthy. In Jesus' name, amen.

My own prayer:

REMEMBER THIS

Thanksgiving in the storm is not denial; it is declaration.

Going Deeper: Mark 4:35–41 • Habakkuk 3:17–19 • Philippians 4:6–7

This devotional is a tool for reflection, not a substitute for pastoral care or professional counseling. If what surfaces feels too heavy to carry alone, please reach out to a pastor or a trusted, qualified counselor at New Life Tabernacle Carrollwood.