

Thankfulness

By David McKinley

"... in everything give thanks; for this is the will of God in Christ Jesus for you."

1 Thessalonians 5:18

GIVING THANKS IS NECESSARY TO OVERCOME OBSTACLES OF DISAPPOINTMENT IN YOUR LIFE

Someone has said that thankfulness is God's "spiritual air freshener."

We often set ourselves up for disappointment in life through:

Pridefulness

"Pride goes before destruction, and a haughty spirit before a fall." Proverbs 16:19

Pettiness

"It is the peculiar quality of a fool to perceive the faults of others and to forget his own."

—Cicero

Forgetfulness

Disappointment is often the perpetual failure to think about what I have been given and provided.

GIVING THANKS IS ESSENTIAL TO COMBAT THE TERROR OF RESENTMENT IN YOUR LIFE

Disappointment comes out of the failed expectations and experiences of your life, but resentment rises out of the abuses and losses.

"Gratitude produces more positive emotional energy than any other attitude in life."

—Hans Selye

Giving thanks will not change the circumstances of your life, but it will change what your circumstances do to you.

GIVING THANKS IS THE MEANS OF ENJOYING CONTENTMENT IN YOUR LIFE

Thanksgiving will not replace your disappointments and losses, but it will heal your spirit.

Homework assignment: Every day, list five things for which you are thankful.

*O Lord, that lends me life,
lend me a heart replete
with thanksgiving.*

—William Shakespeare