

## Give Thanks!

*“Jesus then took the loaves, gave thanks...”- John 6:11*

*“Taking the five loaves and the two fish and looking up to heaven, he gave thanks” – Matthew 14:19.*

Jesus has demonstrated an important principle for divine increase - Thanksgiving. If we want more from God, we need to thank Him for the little that we already have. “Thanks and “praise” play a very important part in activating the blessings from God for the following reasons stated by Debbie McDaniel in her very inspirational devotion entitled *“The Power of Gratitude: 21 Verses of Thanks to God”*<sup>1</sup>:

1. *“It gets our eyes off ourselves, and helps us to focus back on God.*
2. *It reminds us we're not in control, but that we serve a Mighty God who is. It keeps us in a place of humility and dependency on Him, as we recognize how much we need Him.*
3. *It helps us to recognize we have so much to be thankful for, even all of the little things, which often we may forget to thank Him for...but they really are the biggest, most important things in this life. It takes our attention off of our problems and helps us instead to reflect on, to remember, the goodness of His many blessings.*
4. *It reminds us that God is the Giver of all good gifts. We were never intended to be fully self-sufficient in this life. A grateful heart reminds us that ultimately God is our Provider, that all blessings and gifts are graciously given to us by His hand.*
5. *A heart of gratitude leaves no room for complaining. For it is impossible to be truly thankful and filled with negativity and ungratefulness at the same time.*
6. *It makes the enemy flee. The forces of darkness can't stand to be around hearts that give thanks and honour to God. Our praise and thanksgiving will make them flee.*
7. *It opens up the door for continued blessings. It invites His presence. Our spirits are refreshed and renewed in Him. God loves to give good gifts to His children. He delights in our thankfulness and pours out His Spirit and favour over those who give honour and gratitude to Him.”*

Giving thanks and praise is an offering – a gift – that we give to God for His continued grace, goodness and mercy towards us. This exemplifies a fundamental and very powerful principle in the Bible which is often overlooked,

*“Freely you have received, freely give.”- Matthew 10:8*

It does not cost us anything, but a few minutes of the day, to say “Thank You” to God and His Son, Jesus. It is a privilege and a great honour to be called a child of God, and to bask in the presence of God and His Son, Jesus. Let’s not be too busy to regularly practice the giving of our gifts of thanks – hence the reason

it is called thanksgiving—so that we, in turn, can receive God’s continued mercy, blessings and divine favour...and so the life cycle of “giving and receiving” continues...It works!

My friend, let us also **meditate** on the following scriptures which captures the essence of the law which is scientifically known as the law of “action and reaction.” This powerful law was long established in the Holy Bible. It is a fundamental principle by which we should all strive to live.

*“Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven. **Give, and it will be given to you. A good measure, pressed down, shaken together, and running over will be poured into your lap. For with the measure you use, it will be measured back to you.**” – Luke 6:38-39.*

When we are grateful to God, He will be grateful to us. To God be the glory!

Here are some powerful scriptures given by Debbie McDaniel that remind us of the importance of thanksgiving and praise unto God:

*“O Come, let us sing for joy to the Lord; Let us shout joyfully to the rock of our salvation. Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise! For the Lord is a great God, and a great King above all gods.” **Psalm 95:1-3***

*“Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name! For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations.” **Psalm 100:4-5***

*“I will give thanks to you, LORD, with all my heart; I will tell of all your wonderful deeds.” **Psalm 9:1***

*“Every good gift and every perfect gift is from above, coming down from the Father....” **James 1:17***

*“**Do not be anxious about anything**, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” **Philippians 4:6***

*“Bless the Lord, O my soul, and all that is within me, bless his holy name! Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle's.” **Psalm 103:1-5***

*“Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” **1 Thessalonians 5:18***

*“Giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ,” **Ephesian 5:20***

*"The Lord is my strength and my shield; My heart trusts in Him, and I am helped; Therefore my heart exults, And with my song I shall thank Him." **Psalm 28:7***

*Heavenly Father,*

*"I thank You for all that You have done in my life. Help me not to complain but to always appreciate Your grace, mercy, goodness and favour towards me. I thank You Lord for life and good health, my family, my friends, my job and co-workers, my education, my gifts, a place to call home, and all your many blessings in my life. For You are a righteous God worthy to be praised and honoured. I thank You for your gift of divine increase in this area of my life (state area(s)). In Jesus' name I pray with thanksgiving. Amen."*

### **Memory Verses:**

***"I will give thanks to you, LORD, with all my heart; I will tell of all your wonderful deeds." Psalm 9:1.***

#### **Notes:**

1. The Power of Gratitude: 21 Verses of Thanks to God- Debbie McDaniel. <https://www.crosswalk.com/blogs/debbie-mcdaniel/the-power-of-a-grateful-heart-21-verses-of-thanksgiving.html>.