

# The Power of Thanksgiving



NOVEMBER 22,  
2020

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***In all circumstances be  
thankful***

***1 Thess. 5:18***

# THANKSGIVING IN SCRIPTURE

- Focus of OT Worship:

- **1 Chronicles 16:4** *And he appointed some of the Levites to minister before the ark of the LORD, to commemorate, to thank, and to praise the LORD God of Israel:*
- **Psalms 100:4** *Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him, and bless His name.*

- *“Thanksgiving In biblical usage is the response due to God from his people. Specific grounds for thanksgiving to God are numerous and include God’s faithfulness to the covenant” Eerdmans Bible Dictionary*

# TRUE THANKSGIVING IS A HEART MATTER

*“True thanksgiving does not consist primarily of deeds, but of the disposition of the heart, and it brings persons nearer to God and enables them to see God’s salvation (Ps. 50:23). If a person gives thanks merely for that possessed within himself, then that person expresses self-exaltation and self-deception rather than responding to the grace of God” Eerdmans Bible Dictionary*

**Psalms 50:23 (NLT)** — But giving thanks is a sacrifice that truly honors me. If you keep to my path, I will reveal to you the salvation of God.”

# THE COMMAND FOR THANKFULNESS

- **1 Thessalonians 5:18** — give thanks in all circumstances; for this is the will of God in Christ Jesus for you.
- **Ephesians 5:20** — giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ,
- **Colossians 3:15** — And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.
- **Psalms 44:8** — In God we have boasted continually, and we will give thanks to your name forever.

# BENEFITS OF A THANKFUL HEART

- **Peace: Philippians 4:6–7** — **6** Be anxious for nothing, but in everything by prayer and supplication, **with thanksgiving**, let your requests be made known to God; **7** and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.
- **Pleases and Honors God: Psalm 69:30–31 (NLT)** — **30** Then I will praise God's name with singing, and **I will honor him with thanksgiving**. **31** For this will please the LORD more than sacrificing cattle, more than presenting a bull with its horns and hooves.
  - **Honor: — to make great in size, scale, magnitude, or importance.**



# **BENEFITS OF A THANKFUL HEART** **SUPERNATURAL DELIVERANCE**

**Defeat of Enemy: 2 Chronicles 20:21–23 — 21** And when he had taken counsel with the people, he appointed those who were to sing to the LORD and praise him in holy attire, as they went before the army, and say, “**Give thanks to the LORD, for his steadfast love endures forever.**” **22** And when they began to sing and praise, the LORD set an ambush against the men of Ammon, Moab, and Mount Seir, who had come against Judah, so that they were routed. **23** For the men of Ammon and Moab rose against the inhabitants of Mount Seir, devoting them to destruction, and when they had made an end of the inhabitants of Seir, they all helped to destroy one another.

# **BENEFITS OF A THANKFUL HEART** **SUPERNATURAL DELIVERANCE**

**Deliverance from Persecution:** Acts 16:25–26 (AMP) — 25 But about midnight, as Paul and Silas were praying and singing hymns of praise to God, and the [other] prisoners were listening to them, 26 Suddenly there was a great earthquake, so that the very foundations of the prison were shaken; and at once all the doors were opened and everyone's shackles were unfastened.

***PRAISE IS THANKING GOD FOR WHAT HE HAS DONE IN OUR LIVES***

# **BENEFITS OF A THANKFUL HEART**

## **JOY**

**Creates an Atmosphere of Joy: Ezra 3:11–13** — **11** With praise and thanksgiving they sang to the LORD: “He is good; his love toward Israel endures forever.” And all the people gave a great shout of praise to the LORD, because the foundation of the house of the LORD was laid. **12** But many of the older priests and Levites and family heads, who had seen the former temple, wept aloud when they saw the foundation of this temple being laid, while many others shouted for joy. **13** No one could distinguish the sound of the shouts of joy from the sound of weeping, because the people made so much noise. And the sound was heard far away.



# **NATURAL BENEFITS OF A THANKFUL HEART**

**Being thankful is good for us! *Emmons & McCullough***

1. Being thankful reduces stress;
2. Aids in living longer,
3. Improves health (waistline);
4. Helps you to bond better with people
5. Slows down the aging clock

**Wires Your Brain for Productivity/Prosperity *Shawn Achor, Psychologist***

- Productivity improves by 37%
- Accuracy on tasks improves by 19%
- People have 23% greater energy in the midst of stress, and
  - 40% more likely to be promoted.

**Showing Gratitude Results in Making More Money *Ellen Rogin CPA***