

# THANKSGIVING

## The Act of Expressed Appreciation

1. Begin thanksgiving by thinking about all God has given you in recent days.
2. Use these moments of reflection as a basis for offering specific thanksgiving for spiritual, material, physical, and external blessings.
3. Frequently thank God in advance for blessings you expect Him to bestow on you in the future.
4. Thank God for at least one particular blessing you have not thanked Him for previously.

Basically, thanksgiving is the act of expressing specific gratitude to God for blessings He has bestowed upon us. These expressions may be mental or vocal.

Thanksgiving differs from praise in that praise focuses on who God is, whereas thanksgiving focuses on what God has specifically done for us. When we give thanks, we give God the glory for what He has done for us: and when we worship or give praise, we give God glory for what He is in Himself.

Thanksgiving helps us focus on God's faithfulness.

Thanksgiving might well be labeled "a confession of blessing". The Psalmist declared, "What shall I render unto the Lord for all His benefits toward me?" (Ps. 116:12). Later, he answers, "I will offer to thee the sacrifice of thanksgiving, and will call upon the name of the Lord." (Ps. 116:17)

Four ideas for a thank offering.

1. Confess spiritual blessings
2. Confess material blessings
3. Confess physical blessings
4. Confess external blessings (blessings not directly related to us)

Giving thanks for past blessings will require a moment of quiet contemplation concerning God's goodness.

Eph. 5:18,20 "Be filled with the Spirit...Giving thanks always for all things unto God."

I Thess. 5:18, 19 "In everything give thanks; for this is the will of God in Christ Jesus concerning you. Quench not the Spirit."

**LORD, TEACH ME TO GIVE THANKS**