

# The Power of Thankfulness

June 13, 2010

## I. Definitions:

Thank = to say that one is pleased and grateful for something given or; express gratitude to.

Thanks = the act of thanking; expression of gratitude and pleasure for something given.

Thankful = feelings or expressing thanks.

Synonyms: grateful, obliged

Contrasted words: unappreciative, ungrateful

Antonyms: thankless, unthankful

Thankless = not inclined to give thanks.

Synonyms: unappreciative, ungrateful, unthankful

Related words: self-centered; careless, heedless, thoughtless; unappreciative, ungrateful, unmindful

Contrasted words: appreciative, grateful, mindful; careful, heedful, thoughtful

Thanksgiving = the giving of thanks or the expression of thanks; especially the act of giving thanks to God.

## II. The Bible on thanksgiving:

### 1. Jesus set the example of living thankfully.

A. Jesus gave thanks to His Father for revealing truth to His disciples.

Matthew 11:25 At that time Jesus said, "I praise You, Father, Lord of heaven and earth, that You have hidden these things from *the* wise and intelligent and have revealed them to infants. (Luke 10:21)

B. Jesus gave thanks before multiplying the bread

John 6:11 Jesus then took the loaves, and having given thanks, He distributed to those who were seated; likewise also of the fish as much as they wanted. (Jn 6:23; Mat 15:36; Mk 8:6)

C. Jesus gave thanks before raising Lazarus from the dead.

John 11:41-43 So they removed the stone. Then Jesus raised His eyes, and said, "Father, I thank You that You have heard Me. "I knew that You always hear Me; but because of the people standing around I said it, so that they may believe that You sent Me." When He had said these things, He cried out with a loud voice, "Lazarus, come forth."

D. Jesus gave thanks for the bread and cup at the last supper.

Matthew 26:27 And when He had taken a cup and given thanks, He gave it to them, saying, "Drink from it, all of you (Mk 14:23; Lk 22:17, 19).

"given thanks" = NT:2168 *eucharisteo* (yoo-khar-is-teh'-o); from NT:2170; to be grateful, i.e. (actively) to express gratitude (towards); specially, to say grace at a meal:

from NT:2170; *neucharistos* (yoo-khar'-is-tos); from NT:2095 and a derivative of NT:5483; well favored, i.e. (by implication) grateful:

NT:2095 *eu* (yoo); neuter of a primary *eus* (good); (adverbially) well:

NT:5483 *charizomai* (khar-id'-zom-ahee); middle voice from NT:5485; to grant as a favor, i.e. gratuitously, in kindness, pardon or rescue:

NT:5485 *charis* (khar'-ece); from NT:5463; graciousness (as gratifying), of manner or act (abstract or concrete; literal, figurative or spiritual; especially the divine influence upon the heart, and its reflection in the life; including gratitude):

NT:5463 *chairo* (khah'-ee-ro); a primary verb; to be "cheerful", i.e. calmly happy or well-off; impersonally, especially as salutation (on meeting or parting), be well:

## **2. All of heaven is engaged in giving thanks.**

Rev 4:9 And when the living creatures give glory and honor and thanks to Him who sits on the throne, to Him who lives forever and ever,

Rev 7:11-12 And all the angels were standing around the throne and around the elders and the four living creatures; and they fell on their faces before the throne and worshiped God, saying, "Amen, blessing and glory and wisdom and thanksgiving and honor and power and might, be to our God forever and ever. Amen."

Rev 11:16-17 And the twenty-four elders, who sit on their thrones before God, fell on their faces and worshiped God, saying, "We give You thanks, O Lord God, the Almighty, who are and who were, because You have taken Your great power and have begun to reign.

## **3. Giving thanks is to be part of prayer.**

Neh 11:17 and Mattaniah the son of Mica, the son of Zabdi, the son of Asaph, who was the leader in beginning the thanksgiving at prayer, and Bakbukiah, the second among his brethren; and Abda the son of Shammua, the son of Galal, the son of Jeduthun.

Phil 4:6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Col 4:2 Devote yourselves to prayer, keeping alert in it with an attitude of thanksgiving;

## **4. Giving thanks is a good thing.**

Ps 92:1 It is good to give thanks to the Lord and to sing praises to Your name, O Most High;

## **5. We are always to give thanks in and for everything.**

1 Thes 5:18 in everything give thanks; for this is God's will for you in Christ Jesus.

Col 3:17 Whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father.

Eph 5:20 always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father;

1 Thes 1:2 We give thanks to God always for all of you, making mention of you in our prayers

## **6. We are to give thanks before taking food.**

John 6:1 Jesus then took the loaves, and having given thanks, He distributed to those who were seated; likewise also of the fish as much as they wanted.

Acts 27:35 Having said this, he took bread and gave thanks to God in the presence of all, and he broke it and began to eat.

Rom 14:6 He who observes the day, observes it for the Lord, and he who eats, does so for the Lord, for he gives thanks to God; and he who eats not, for the Lord he does not eat, and gives thanks to God.

1 Tim 4:3-4 men who forbid marriage and advocate abstaining from foods which God has created to be gratefully shared in by those who believe and know the truth. For everything created by God is good, and nothing is to be rejected if it is received with gratitude;

## **7. We are commanded and exhorted to give thanks.**

Ps 50:14 "Offer to God a sacrifice of thanksgiving a command and pay your vows to the Most High;

Phil 4:6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Ps 105:1 Oh give thanks to the LORD, call upon His name; Make known His deeds among the peoples.

Col 3:15 Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful.

## **8. We are to be resolved to offer thanksgiving to God.**

Ps 18:49 Therefore I will give thanks to You among the nations, O LORD, And I will sing praises to Your name.

Ps 30:12 That my soul may sing praise to You and not be silent. O LORD my God, I will give thanks to You forever.

Dan 6:10 Now when Daniel knew that the document was signed, he entered his house (now in his roof chamber he had windows open toward Jerusalem); and he continued kneeling on his knees three times a day, praying and giving thanks before his God, as he had been doing previously.

## **9. We abound in faith through thanksgiving.**

Col 2:7 having been firmly rooted and now being built up in Him and established in your faith, just as you were instructed, and overflowing with gratitude.

## **10. We come before God with thanksgiving.**

Ps 95:2 Let us come before His presence with thanksgiving, let us shout joyfully to Him with psalms.

Ps 100:4 Enter His gates with thanksgiving and His courts with praise. Give thanks to Him, bless His name.

### **11. Giving thanks can be a sacrifice.**

Heb 13:15 Through Him then, let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that give thanks to His name.

Ps 116:17 To You I shall offer a sacrifice of thanksgiving, and call upon the name of the Lord.

### **12. Failure to give thanks to God will lead to a life of sin.**

Rom 1:21 For even though they knew God, they did not honor Him as God or give thanks, but they became futile in their speculations, and their foolish heart was darkened.

## **III. Things that we can thank God for:**

### **1. We give thanks for the goodness and mercy of God.**

Ps 106:1 Praise the LORD! Oh give thanks to the LORD, for He is good; For His lovingkindness is everlasting.

Ps 107:1 Oh give thanks to the LORD, for

He is good, For His lovingkindness is everlasting.

Ps 136:1-3 Give thanks to the LORD, for He is good, For His lovingkindness is everlasting. Give thanks to the God of gods, for His lovingkindness is everlasting. Give thanks to the Lord of lords, for His lovingkindness is everlasting.

### **2. We give thanks for the gift of Christ.**

2 Cor 9:15 Thanks be to God for His indescribable gift!

### **3. We give thanks for Christ's power and deliverance from in-dwelling sin.**

Rom 7:23-25 but I see a different law in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin which is in my members. Wretched man that I am! Who will set me free from the body of this death? Thanks be to God through Jesus Christ our Lord! So then, on the one hand I myself with my mind am serving the law of God, but on the other, with my flesh the law of sin.

### **4. We give thanks for victory.**

2 Cor 2:14 But thanks be to God, who always leads us in triumph in Christ, and manifests through us the sweet aroma of the knowledge of Him in every place.

1 Cor 15:57 but thanks be to God, who gives us the victory through our Lord Jesus Christ.

### **5. We give thanks for the conversion of others.**

Rom 6:17 But thanks be to God that though you were slaves of sin, you became obedient from the heart to that form of teaching to which you were committed,

### **6. We give thanks for the nearness of God's presence.**

Ps 75:1 We give thanks to You, O God, we give thanks, For Your name is near; Men declare Your wondrous works.

## **7. His majesty.**

Ps 96:1 Sing to the LORD a new song; sing to the LORD, all the earth.  
Ps 96:6 Splendor and majesty are before Him, strength and beauty are in His sanctuary.

Isa 24:14 They raise their voices, they shout for joy; They cry out from the west concerning the majesty of the LORD.

## **8. His glory.**

Ps 138:5 And they will sing of the ways of the LORD, For great is the glory of the LORD.

Ezek 3:12 Then the Spirit lifted me up, and I heard a great rumbling sound behind me, "Blessed be the glory of the LORD in His place."

## **9. His excellence.**

Ex 15:7 "And in the greatness of Your excellence You overthrow those who rise up against You; You send forth Your burning anger, and it consumes them as chaff.

Ps 148:13 Let them praise the name of the LORD, for His name alone is exalted; His glory is above earth and heaven.

## **10. His greatness.**

1 Chron 16:25 For great is the LORD, and greatly to be praised; He also is to be feared above all gods.

Ps 145:3 Great is the LORD, and highly to be praised, and His greatness is unsearchable.

## **11. His holiness.**

Ex 15:11 "Who is like You among the gods, O LORD? Who is like You, majestic in holiness, Awesome in praises, working wonders?

Isa 6:3 And one called out to another and said, "Holy, Holy, Holy, is the LORD of hosts, The whole earth is full of His glory."

## **12. His wisdom.**

Dan 2:20 Daniel said, "Let the name of God be blessed forever and ever, For wisdom and power belong to Him.

Jude 25 to the only God our Savior, through Jesus Christ our Lord, be glory, majesty, dominion and authority, before all time and now and forever. Amen.

## **13. His power.**

Ps 21:13 Be exalted, O LORD, in Your strength; We will sing and praise Your power.

## **14. His goodness.**

Ps 107:8 Let them give thanks to the LORD for His lovingkindness, And for His wonders to the sons of men!

Ps 118:1 Give thanks to the LORD, for he is good; his love endures forever.

Ps 136:1 Give thanks to the LORD, for He is good, for His lovingkindness is everlasting.

Jer 33:11 the voice of joy and the voice of gladness, the voice of the bridegroom and the voice of the bride, the voice of those who say, "Give thanks to the LORD of hosts, For the LORD is good, For His lovingkindness is everlasting";

#### **15. His mercy.**

(Ps 136:1-26)

2 Chron 20:21 When he had consulted with the people, he appointed those who sang to the LORD and those who praised Him in holy attire, as they went out before the army and said, "Give thanks to the LORD, for His lovingkindness is everlasting."

Ps 89:1 I will sing of the lovingkindness of the LORD forever; to all generations I will make known Your faithfulness with my mouth.

Ps 118:1-4 Give thanks to the LORD, for He is good; For His lovingkindness is everlasting. Oh let Israel say, "His lovingkindness is everlasting." Oh let the house of Aaron say, "His lovingkindness is everlasting." Oh let those who fear the LORD say, "His lovingkindness is everlasting."

#### **16. His loving-kindness and truth.**

Ps 138:2 I will bow down toward Your holy temple and give thanks to Your name for Your lovingkindness and Your truth; for You have magnified Your word according to all Your name.

#### **17. His faithfulness and truth.**

Isa 25:1 O LORD, You are my God; I will exalt You, I will give thanks to Your name; For You have worked wonders, Plans formed long ago, with perfect faithfulness.

#### **18. His salvation.**

Ps 18:46 The LORD lives, and blessed be my rock; and exalted be the God of my salvation,

Isa 35:10 And the ransomed of the LORD will return And come with joyful shouting to Zion, With everlasting joy upon their heads. They will find gladness and joy, and sorrow and sighing will flee away.

Isa 61:10 I will rejoice greatly in the LORD, My soul will exult in my God; For He has clothed me with garments of salvation, He has wrapped me with a robe of righteousness, As a bridegroom decks himself with a garland, And as a bride adorns herself with her jewels.

Luke 1:68-69 "Blessed be the Lord God of Israel, For He has visited us and accomplished redemption for His people, And has raised up a horn of salvation for us In the house of David His servant --

#### **19. His wonderful works.**

Ps 89:5 The heavens will praise Your wonders, O LORD; Your faithfulness also in the assembly of the holy ones.

Ps 150:2 Praise Him for His mighty deeds; Praise Him according to His excellent greatness.

Isa 25:1 O LORD, You are my God; I will exalt You, I will give thanks to Your name; for You have worked wonders, plans formed long ago, with perfect faithfulness.

## **20. His consolation.**

Ps 42:5 Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall again praise Him for the help of His presence.

Isa 12:1 Then you will say on that day, "I will give thanks to You, O LORD; For although You were angry with me, Your anger is turned away, And You comfort me.

## **21. His judgment.**

Ps 101:1 I will sing of lovingkindness and justice, To You, O LORD, I will sing praises.

## **22. His counsel.**

Ps 16:7 I will bless the LORD who has counseled me; Indeed, my mind instructs me in the night.

Jer 32:19 great in counsel and mighty in deed, whose eyes are open to all the ways of the sons of men, giving to everyone according to his ways and according to the fruit of his deeds;

## **23. Fulfilling of his promises.**

1 Kings 8:56 "Blessed be the LORD, who has given rest to His people Israel, according to all that He promised; not one word has failed of all His good promise, which He promised through Moses His servant.

## **24. Pardon of sin.**

Ps 103:1-3 Bless the LORD, O my soul, And all that is within me, bless His holy name. Bless the LORD, O my soul, and forget none of His benefits; Who pardons all your iniquities, Who heals all your diseases;

Hos 14:2 Take words with you and return to the LORD. Say to Him, "Take away all iniquity and receive us graciously, That we may present the fruit of our lips.

## **25. Spiritual health.**

Ps 103:3 Who pardons all your iniquities, Who heals all your diseases;

## **26. Constant preservation.**

Ps 71:6 By You I have been sustained from my birth; You are He who took me from my mother's womb; My praise is continually of You. I have become a marvel to many, for You are my strong refuge. My mouth is filled with Your praise And with Your glory all day long.

## **27. Deliverance.**

Ps 40:1-3 I waited patiently for the LORD; And He inclined to me and heard my cry. He brought me up out of the pit of destruction, out of the miry clay, and He set my feet upon a rock making my footsteps firm. He put a new song in my mouth, a song of praise to our God;

Ps 124:6 Blessed be the LORD, Who has not given us to be torn by their teeth.

## **28. Protection.**

Ps 28:7 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.

Ps 59:17 O my strength, I will sing praises to You; For God is my stronghold, the God who shows me lovingkindness.

### **29. Answering prayer.**

Ps 118:21 I shall give thanks to You, for You have answered me, And You have become my salvation.

Ps 22:24 For He has not despised nor abhorred the affliction of the afflicted; Nor has He hidden His face from him; But when he cried to Him for help, He heard.

Ps 116:1-2 I love the LORD, because He hears My voice and my supplications. Because He has inclined His ear to me, therefore I shall call upon Him as long as I live.

### **30. The hope of glory.**

1 Peter 1:3 Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to obtain an inheritance which is imperishable and undefiled and will not fade away, reserved in heaven for you,

### **31. All spiritual blessings.**

Ps 103:2 Bless the LORD, O my soul, And forget none of His benefits;

Eph 1:3 Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ,

### **32. All temporal blessings.**

Ps 68:19 Blessed be the Lord, who daily bears our burden, The God who is our salvation.

Ps 104:1 Bless the LORD, O my soul! O LORD my God, You are very great; You are clothed with splendor and majesty,

Ps 104:14 He causes the grass to grow for the cattle, and vegetation for the labor of man, So that he may bring forth food from the earth,

Ps 136:25-26 Who gives food to all flesh, For His lovingkindness is everlasting. Give thanks to the God of heaven, for His lovingkindness is everlasting.