

**The Power of  
Thanksgiving**

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**1 Thessalonians 5:16-18 NIV**

*Rejoice always, pray continually,  
**give thanks in all circumstances;**  
for this is God's will for you in Christ Jesus*

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**Thanksgiving in the Old Testament**

**Yadah** (*Hebrew verb*)

= to throw, to give thanks, laud or praise;  
to confess something about God; to  
confess one's own sin

**40x times** (referring to thanksgiving)

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**Thanksgiving in the Old Testament**

**Todah** (*Hebrew noun*)

= confession, praise, thanksgiving; giving of praise to God; thanksgiving in songs of worship; thanksgiving choir or procession; thank-offering, sacrifice of thanksgiving; confession

**24x times** (referring to thanksgiving)

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**Thanksgiving in the New Testament**

**Eucharisteo** (*Greek noun*)  
**Eucharistea** (*verb form*)

= thankfulness; the giving of thanks; mindful of favours, grateful, thankful;

**54x times**

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**The effects of thanksgiving**

1. Giving thanks ushers us into His presence

**Enter his gates with thanksgiving**  
*and his courts with praise;*  
*give thanks to him and praise his name.*

Psalm 100:4 NIV

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**The effects of thanksgiving**

2. Giving thanks shifts our perspective

Scripture says to 'set you hearts and minds on things above' (Col 3:1-2)

Giving thanks reminds us of who God is and what He's done – it focuses our attention on Him, and gives us an eternal perspective

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**The effects of thanksgiving**

3. Giving thanks blesses God

*One of them, when he saw he was healed, came back, praising God in a loud voice. He threw himself at Jesus' feet **and thanked him**—and he was a Samaritan. Jesus asked, "Were not all ten cleansed? Where are the other nine? Has no one returned to give praise to God except this foreigner?"*

Luke 17:15-18 NIV

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**The effects of thanksgiving**

4. Giving thanks is a way of waging war  
*'Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's. Jehoshaphat appointed men to sing to the Lord and to praise him for the splendour of his holiness as they went out at the head of the army, saying: "Give thanks to the Lord, for his love endures forever." As they began to sing and praise, the Lord set ambushes...and [the enemies] were defeated.*

2 Chronicles 20:15b, 21-22

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**The effects of thanksgiving**

5. Giving thanks is a sure way of being in His will

*Give thanks in all circumstances;  
for this is God's will for you in Christ Jesus*

1 Thessalonians 5:18 NIV

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**Barriers to thanksgiving**  
*Why we sometimes struggle*

1. We just don't know that it's that big a deal

In short – unintended ignorance

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**Barriers to thanksgiving**  
*Why we sometimes struggle*

2. It seems inauthentic when I'm not feeling it

Today also means 'a sacrifice of praise', meaning sometimes giving thanks will cost us something. It might cost us our current experience or emotions.

Giving thanks is actually a powerful way to cultivating a thankful heart!

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**Barriers to thanksgiving**  
*Why we sometimes struggle*

3. Complaining is deeply engrained in our minds

- The enemy knows the power of thanksgiving
- Our culture is largely one of entitlement and discontentment
- Some of us grew up in homes, communities where complaining was the native language

*Phil 2:14 NLT – Do everything without complaining*

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**Stuck? Start here...**

Colossians 1:12-14 NIV

***[Give] joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light. For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.***

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**Let's get practical**

We are half way through 2019...(!)

**What testimonies can you share?**

- What has he done in you
- What has he done through you
- Who has he revealed himself to be

***And who do you need to share it with?***

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*Thanksgiving is huge!*

**Giving thanks to God** reminds us of who he is, of what he has done. It sets our hearts and minds on things above. It pleases him. It is a way of waging war. It brings us back into his will!

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