

# Thank God for What I Have!

Message 1 of 2 in the series: "Thank God!"

## A. It is important that we thank the Lord because He is good and fills our lives with good things.

**"Give thanks to the LORD, for he is good!** His faithful love endures forever." Psalm 136:1 (NLT)

"Let all that I am praise the Lord; **may I never forget the good things he does for me.** He forgives all my sins and heals all my diseases. He redeems me from death and crowns me with love and tender mercies. **He fills my life with good things.**" Psalm 103:2-5a (NLT)

*Note:* God gives good gifts to everyone because God is good! "You have heard the law that says, 'Love your neighbor' and hate your enemy. But I say, love your enemies! Pray for those who persecute you. In that way, you will be acting as true children of your Father in heaven. For he gives his sunlight to both the evil and the good, and he sends rain on the just and the unjust alike. If you love only those who love you, what reward is there for that?" Matthew 5:43-46a (NLT)

1. Thank you, Lord, for my relationships: spouse, children, parents, siblings, extended family, friends, neighbors, coaches, coworkers, etc.
2. Thank you, Lord, for my resources: house, car(s), clothes, food, appliances, furniture, paycheck, savings, insurance, etc.
3. Thank you, Lord, for answering my prayers: rescue, healing, forgiveness, reconciliation, new start, courage, wisdom, love, direction, etc.
4. Thank you, Lord, for my opportunities to work, learn, grow, and lead: job/career, school, difficulties, clubs/organizations, church, etc.
5. Thank you, Lord, for showering me with blessings: health, freedom, strength, pets, vacations, gifts, skills, laughter, memories, etc.

## B. It is important that we thank God for what we have through a personal relationship with Jesus.

1. We have a new identity.

"Therefore, if anyone is in Christ, **he is a new creation**; old things have passed away; behold, all things have become new." 2 Corinthians 5:17 (NKJV)

"...**he adopted you as his own children.** Now we call him, 'Abba, Father.' For his Spirit joins with our spirit to affirm that we are God's children. And since we are his children, **we are his heirs.** In fact, together with Christ we are heirs of God's glory." Romans 8:15b-17a (NLT)

2. We have a new family.

"All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ. Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. **God decided in advance to adopt us into his own family** by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure. So we praise God for the glorious grace he has poured out on us who belong to his dear Son." Ephesians 1:3-6 (NLT)

"For God knew his people in advance, and he chose them to become like his Son, so that his Son would be the firstborn among **many brothers and sisters.**" Romans 8:29 (NLT)

3. We have unlimited access to God.

"And so, dear brothers and sisters, we can boldly enter heaven's Most Holy Place because of the blood of Jesus. By his death, Jesus opened a new and life-giving way through the curtain into the Most Holy Place. And since we have a great High Priest who rules over God's house, **let us go right into the presence of God with sincere hearts fully trusting him.** For our guilty consciences have been sprinkled with Christ's blood to make us clean, and our bodies have been washed with pure water."

Hebrews 10:19-22 (NLT)

"So **let us come boldly to the throne of our gracious God.** There we will receive his mercy, and we will find grace to help us when we need it most." Hebrews 4:16 (NLT)

4. We have the Holy Spirit living in us.

“And I will ask the Father, and he will give you another Advocate, who will never leave you. He is the Holy Spirit, who leads into all truth. The world cannot receive him, because it isn’t looking for him and doesn’t recognize him. But you know him, because he lives with you now and later **will be in you**... he will teach you everything and will remind you of everything I have told you... he will guide you into all truth.” John 14:16-17, 26b; & 16:13a (NLT)

“For God is working in you, giving you the desire and the power to do what pleases him.”

Philippians 2:13 (NLT)

5. We have peace.

“I am leaving you with a gift—**peace of mind and heart**. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid.” John 14:27 (NLT)

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. **His peace will guard your hearts and minds as you live in Christ Jesus.**” Philippians 4:6-7 (NLT)

6. We have purpose and meaning.

“For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.” Ephesians 2:10 (NLT)

“Above all, you must live as citizens of heaven, conducting yourselves in a manner worthy of the Good News about Christ. Then, whether I come and see you again or only hear about you, I will know that you are standing together with one spirit and one purpose, fighting together for the faith, which is the Good News.” Philippians 1:27 (NLT)

7. We have sure and certain hope that Jesus is preparing an eternal home for us in heaven.

“Don’t let your hearts be troubled. Trust in God, and trust also in me. There is more than enough room in my Father’s home. If this were not so, would I have told you that **I am going to prepare a place for you**? When everything is ready, I will come and get you, so that you will always be with me where I am.”

John 14:1-3 (NLT)

“Surely goodness and mercy shall follow me all the days of my life; and **I will dwell in the house of the Lord forever.**” Psalm 23:6 (NKJV)

“Look, God’s home is now among his people! He will live with them, and they will be his people. **God himself will be with them.** He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever.” Revelation 21:3b-4 (NLT)

### C. Four meaningful things we can do to thank God for what we have:

1. We can make a list of things we have for which we are grateful to God. (We can count our blessings.)
2. We can thank God for these things by telling Him out loud that we are grateful for the items on our list. This can be done in private or together with others. (i.e. “Thank you Lord for my \_\_\_\_\_. I am grateful for him/her/this opportunity/your promise.”)
3. We can keep our list in our car/desk/purse/Bible and thank God throughout the day as we recognize His blessings, provision, and guidance. (It’s never a bad time to say thank you!)
4. We can thank God every day before meals, before bedtime, before heading to work/school, etc.

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### Quotations to consider:

“We would worry less if we praised more. Thanksgiving is the enemy of discontent and dissatisfaction.”

Harry Ironside

“It must be an odd feeling to be thankful to nobody in particular. Christians in public institutions often see this odd thing happening on Thanksgiving Day. Everyone in the institution seems to be thankful ‘in general.’ It’s very strange. It’s a little like being married in general.” Cornelius Plantinga

“Practicing gratitude is one of the most reliable methods for increasing contentment and life satisfaction. It also

improves mood by enhancing feelings of optimism, joy, pleasure, enthusiasm, and other positive emotions. Conversely, gratitude also reduces anxiety and depression... Grateful people tend to get more rest each night, spend less time awake before falling asleep, and feel more rested upon awakening. If you want to sleep more soundly, instead of counting sheep, count your blessings." Dan Mager, MSW in *Psychology Today*