



## Benefits of Thankfulness

God asks us to give thanks to him. He doesn't do this just because he desires us to offer him praise; he does this for our own benefit. Giving thanks changes us. Here are the benefits of taking the time to give thanks:

**T**hinking about your life: Giving thanks requires that you think about things in a contemplative way. What are you thankful for? Why are you thankful for it? What things do you not want to give thanks for? What is the attitude of your heart regarding the things in your life? Answering these questions helps you deal with your feelings.

**H**earing from God: Your heart needs to be open to God so you can hear his perspective and understand how he wants you to feel about the things that are going on in your life. When you stop to thank him, you open a conversation with him about your life. Then you are ready to hear what he has to say.

**A**ccepting things you don't like: Struggling with giving thanks for the things you do not like can help you see that you're fighting them rather than accepting them. When you offer thanks for those difficult things, you move closer to an attitude of acceptance.

**N**eeding to see the good: You need to be able to see the blessings amidst the painful struggles in your life. When you are willing to give thanks for difficult things, you will be open to seeing the good that comes with the bad.

**K**eeping an open mind: You need an open mind in order to gain a new perspective about your life, especially with the difficult things. When you stop to give thanks, you may see a new perspective that you hadn't considered before.

**S**eeing your life with God's perspective: God promises to work all things together for his glory and your good. Giving thanks reminds you of that truth and gives you peace.

By Karla Downing

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## Relationship Prayer

God,

Help me to take the time to give thanks, not only because you ask me to, but also because it will benefit me.

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## Relationship Challenge

❖ Take the time today to give thanks to God for everything in your life.

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## Scripture Meditation

### Philippians 4:4-7

*Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

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If you have any questions you would like to ask Karla, please feel free to email her at [karla@changemyrelationship.com](mailto:karla@changemyrelationship.com).

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