

The Power of a Thankful Heart

Philippians 4:6-7

Psalm 56:3-4

Whenever I am afraid, I will trust in You. ⁴In God (I will praise His word), In God I have put my trust; I will not fear. What can flesh do to me?

I. Thanksgiving Increases our Faith.

A. Remembering God's blessings makes us positive people.

- 1 Thess. 5:18, *in everything give thanks; for this is the will of God in Christ Jesus for you.*

B. Thanksgiving should be a vital part of every prayer.

C. Matthew Henry: "We must join thanksgiving with prayers and supplications."

- *for whatever is not from faith is sin.* (Rom. 14:23)

D. Thanksgiving for past answers builds faith for future prayers to be answered.

II. Thanksgiving Improves our Health.

A. "Thanksgiving has great healing powers": (A.W. Tozer)

- Psalm 103:1-3, *Bless the Lord, O my soul; And all that is within me, bless His holy name!* ²*Bless the Lord, O my soul, And forget not all His benefits:* ³*Who forgives all your iniquities, Who heals all your diseases,*

B. "Giving thanks is good ethically, for it is right; it is good emotionally, for it thrills the heart." (C. H. Spurgeon)

C. Thanksgiving and prayer provide peace that passes all understanding.

D. Thankful people find their strength renewed even during tough times.

Psalm 103:4-5

(v.1) Bless the Lord, O my soul;

4Who redeems your life from destruction, Who crowns you with loving kindness and tender mercies,

5Who satisfies your mouth with good things, So that your youth is renewed like the eagle's.

III. Thanksgiving Instills a Desire to Be Like Jesus.

A. Jesus set the example of one with a thankful heart.

1. He gave thanks for the revelation of His Father's will.

- ***Matthew 11:25, At that time Jesus answered and said, "I thank You, Father, Lord of heaven and earth, that You have hidden these things from the wise and prudent and have revealed them to babes.***

2. He gave thanks for the provision of food.

- ***John 6:11, And Jesus took the loaves, and when He had given thanks He distributed them to the disciples, and the disciples to those sitting down; and likewise of the fish, as much as they wanted.***

3. He give thanks at the first Communion.

- Matthew 26:27, *Then He took the cup, and gave thanks, and gave it to them, saying, "Drink from it, all of you.*

4. He gave thanks for answered prayer.

- John 11:41, *Then they took away the stone from the place where the dead man was lying. And Jesus lifted up His eyes and said, "Father, I thank You that You have heard Me.*

B. Like Jesus, we should be continually thankful.

- 1 John 2:6, *He who says he abides in Him ought himself also to walk just as He walked.*

2 Timothy 3:1-5

¹But know this, that in the last days perilous times will come:

²For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy,

³unloving, unforgiving, slanderers, without self-control, brutal, despisers of good,

⁴traitors, headstrong, haughty, lovers of pleasure rather than lovers of God,

⁵having a form of godliness but denying its power.



There is power with a thankful heart, with God!