

Agape House of Worship
Midweek Service & Bible Study

Topic: Give Thanks
Text: 1 Thessalonians 5:12-28

Date: Wednesday, May 21, 2024
Facilitator Pastor Bimbola Lawore

I Thessalonians 5:16-18

“Rejoice always and delight in your faith; 17 be unceasing and persistent in prayer; 18 in every situation [no matter what the circumstances] be thankful and continually give thanks to God; for this is the will of God for you in Christ Jesus.” (AMP)

Give Thanks:

In the Greek language it is the word “eucharisteite” derived from the root word “eucharistos” which means to be thankful, to be grateful, i.e. to express gratitude; specially, to say grace at a meal.

The command “give thanks to the Lord for he is good. His love endures forever” is repeated 44 times in the bible.

Questions: What does give thanks mean to you? Why is it important to give thanks as a believer?

Some Scriptures on Giving Thanks:

Psalms 136 is an all-encompassing psalm of thanksgiving, see below a quick summary of aspects of thanksgiving to God from Psalm 136.

Psalm 136: 1-3 - Give thanks to the **Lord for he is good**. His love endures forever.

Psalm 136:4-9 - Give thanks to the **Lord for he creates wonders**. His love endures forever

Psalm 136:10-24 - Give thanks to the **Lord for he delivers us**. His love endures forever

Psalm 136:25 - Give thanks to the **Lord for he gives us food each day**. His love endures forever

Psalm 136:26 - Give thanks to the **God of the Heavens for he is good**. His love endures forever.

1 Chronicles 16:36 “Give thanks to the Lord, for he is good; his love endures forever.”

⇒ The essence of our thanksgiving to God is rooted first in who God is, God is good, God is love.

⇒ Giving thanks is a form of prayer, it’s an act of faith, it’s an act of humility and honor to God

Ephesians 5:20 “Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ.”

Philippians 4:6 “Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.”

Colossians 3:17 “And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him.

Examples of thankful people in Scriptures

1. Job – Job 1:21
2. David – Psalm 103

3. Paul – 1 Corinthians 9:15
4. Hannah – 1 Samuel 2:1-10
5. Mary – Luke 1:46-47
6. The Leper – Luke 17:11-19
7. Jesus Christ our greatest example and role model, gave thanks to God many times before taking action.
 - Before feeding the 4000 – Mark 8:6
 - Before feeding the 5000 – John 6:11
 - Before raising Lazarus from the dead - John 11:41
 - Before sharing wine at the Passover meal. Luke 22:17-18
 - Before breaking bread. Luke 22:19

Hinderances to giving thanks:

- **Experiences:** negative life experiences such as delay, disappointment, can hardened people’s heart. Some life experiences can rewire your brain to fault finding, competing and complaining rather than being thankful for life and God’s love to you.
- **Environment:** the culture where you work or live can affect your view of being grateful
- **Entitlement mindset.**
- **Education:** lack of correct teaching about having a heart of gratitude and reflecting it with our words and deeds.

How to develop a lifestyle of giving thanks

- **Songs:** listen to and sing songs that gives honor and adoration to God. **Ephesians 5:19**
- **Scriptures:** always have a scripture of thanksgiving and praise to God in your heart. **Psalms 92:1-2**
- **Seasons of life:** use your seasons of life, either high or low moments to cultivate a language of thanksgiving to God. **Psalms 34:1**
- **Substance:** with your words, in your action and with your money or material possession. **2 Samuel 24:24**

How to sustain a lifestyle of giving thanks:

- ⇒ Maintain a praise journal
- ⇒ Make Jesus Christ and the understanding of the love of God, expressed through Christ the focal point of your thanksgiving, never take for granted the gift of salvation.

Hebrews 13:14-16 “For this world is not our permanent home; we are looking forward to a home yet to come. 15 Therefore, let us offer through Jesus a continual sacrifice of praise to God, proclaiming our allegiance to his name. 16 And don’t forget to do good and to share with those in need. These are the sacrifices that please God.” (NLT)

Closing Remarks:

There will be moments of darkness, trials, persecutions and difficulties in this life, however a state of mind that God requires of us, is to “give thanks” in all life circumstances, not because of the situation but because of who God is inspire of the situation. This state of mind will keep us hopeful, humble and focus on our ultimate goal in life, which is to make heaven and reign with Christ forever.