November 22, 2020

Rick Myatt

LIKE EATING A PEACH

Psalm 103:1-5

This week we celebrate Thanksgiving, which begs the question, why did the turkey cross the road? Because he wanted people to think he was a chicken. I have a couple of Thanksgiving “knock-knocks” for you. Knock, knock. Who’s there? Norma Lee. Norma Lee who? Normally I don’t eat this much. Knock, knock. Who’s there? Arthur. Arthur who? Are there any leftovers? April showers may bring May flowers, but what do May flowers bring? Pilgrims. The Pilgrims had a feast with the Wampanoag natives. What sort of music do you suppose they had at the feast? Plymouth rock. Please, Rick, stop the dumb jokes. Okay, I’ll try, but it’s hard to quit cold turkey.

Though there had been several presidential proclamations of national Thanksgiving previously, President Abraham Lincoln first declared the last Thursday of November to be a national holiday for giving thanks in 1863. This happened in part because of years of impassioned lobbying for such a holiday by author and abolitionist Sara Josepha Hale, who wrote a song called *Mary Had A Little Lamb*.

In 1953 the Swanson and Sons company miscalculated the demand for turkeys and ended up with 260 tons of excess frozen turkey. One of their sales people came up with the idea of ordering 5000 aluminum trays and creating a frozen turkey dinner to put on them. It became the first turkey TV tray dinner and it was a big hit. The next year they sold 10 million of them.

That reminds me of one of my worst Thanksgivings ever. It was my last year of grad school. I had planned to go to Bakersfield to have Thanksgiving with my parents, but I came down with the flu. I was not up to driving to Bakersfield so I spent Thanksgiving Day alone in my apartment, sick. I heated up a frozen TV dinner for my Thanksgiving feast. But I didn’t have a turkey dinner. All I had was an enchilada dinner, so I ate that.

This year has been, in the estimation of most, one of the worst in our lifetimes. The corona virus has taken the lives of a quarter of a million people and counting in our nation. The resulting lockdown has decimated our economy. Covid has seriously hampered the education of our young. It has curtailed the ministries of churches. It has taken the fun out of innumerable things. We’ve grown weary of Zoom meetings. There are no movies to go see, although given how wretched the products of Hollywood tend to be these days, that’s maybe a blessing. It is sad to watch football games played out in empty, or mostly empty stadiums. Laurie and I had hoped to have a vacation in Hawaii this fall, but covid put an end to that. Covid is, obviously, a blight on life in so many ways. And we do not know when this is going to end.

Early in the 17th century were some English believers in Jesus who were part of what was known as the Separatist Church in the town of Scrooby in Nottinghamshire. They were persecuted for their beliefs. They believed such radical things as the church should be made up of only those who actually believe in Jesus as Lord, that they should read God’s word themselves and be free to worship in their own words. They believed the established church of England had become so corrupt that true believers needed to separate from it, hence the name. The pressure on them grew great enough that a group of them left England and moved to Holland in 1617. The Dutch were more accepting of their beliefs, but the group soon began to have concerns with their situation there as well. So they made a plan to start over again in the New World, in America.

After overcoming bureaucratic wrangling and some fits and starts, a group of them sailed from England on a ship called the Mayflower. The ocean voyage proved to be arduous, but they landed in the Cape Cod area 400 years ago, in November, 1620. They were not prepared for the harsh winter that followed. Of the 102 settlers that began the journey, one year later only 53 were still alive. Nearly half of them had died that first winter.

Those people had been uprooted from their homes twice simply because of their faith in Christ. They survived an ordeal just getting to America, then half of them died in less than a year. Yet, their response to their harvest was to have a feast and give thanks to God. I suspect had half of our church died this year it would be hard to think about giving thanks. Why did they respond to such hardship by thanking God? Psalm 103:1-5 will give us some insight into why.

WE SHOULD BLESS THE LORD

In the New American Standard translation Psalm 103:1 says, “Bless the Lord, my soul, and all that is within me, bless his holy name.” What does it mean to bless the Lord? I understand what it means when God blesses us. But how am I supposed to bless God?

Let’s consider a couple of hypothetical scenarios. In the first scenario, it is a Saturday and Laurie says to me, “Rick, I know you have a bunch of things that need to get done today. I want you to make a list of them and I will take care of all those things. What I want you to do is watch as much football on TV as you possibly can.”In the second scenario, it is a Saturday and Laurie says to me, “I know you want to watch football on TV, but I have a list of things I need you to do. Here’s the list, but begin with fixing the faucet that is not working in our downstairs bathroom.”

Now that second scenario is never going to happen because Laurie knows if I try to fix anything having to do with plumbing, bad things will happen, and when I’m done the situation will be worse than it was before I started. But for the sake of illustration, let’s assume that such a thing actually could happen. My question is, in that second scenario, would I feel blessed by Laurie? The answer would be no. My feeling would be much closer to being cursed. Fix plumbing? Oh, no, I’m doomed! Fine, then in the first scenario do you think I would feel blessed by Laurie? I would feel totally blessed. In both cases Laurie would give me something to do, but in one I felt blessed while in the other I felt cursed. What was the difference? In the first scenario she gave me something I wanted, something that would make me happy.

To bless the Lord we give him something that makes him happy, something he wants. What does he want? The Psalmist tells us. “Do not forget any of his benefits.” In other words, remember the wonderful things he has given to you, and thank him for them. Paul spells it out for us in 1 Thessalonians 5:18 where he said, “Give thanks in all circumstances, for this is God’s will for you in Christ Jesus.” God’s will, what he wants, what will make him happy, is that we give thanks to him. That is what blesses him.

David says in verse 1, “all that is within me bless his holy name.” Don’t just bless God by giving cursory thanks to him, but do it with all that is in you. Give it your all. Do it from your heart, from the depths of your soul, with all the enthusiasm you can muster.

Anna was at our house along with Ella and Cara. The two little girls were playing with the same toys, and Ella made an effort to share with Cara. But at one point Ella had a toy that Cara wanted, so Cara just tore it out of Ella’s hand and ran away. Cara is quite young and just learning about things like sharing. Ella immediately started crying because this wasn’t fair. She’d been trying, but Cara obviously was not. Anna stepped in and told Cara she needed to give the toy back and tell Ella she was sorry. Cara did give up the toy, but offered no apology. Anna told her she had to apologize. Instead she ran away to a corner. Anna brought her back and said, “Cara, tell your sister you are sorry for taking the toy away.” Cara laid down on the floor and pretended to be asleep. At that point Anna knew she was in a war of wills. So she said to Cara, “You are coming upstairs with me.” In this case, Cara knew that going upstairs was not a desirable thing. I don’t know all that transpired upstairs. But a few minutes later they came back down and Cara was an obviously chastened little girl. Anna said, “Tell Ella you’re sorry.” Cara said, “I’m sorry.” She did what she had to do. But she didn’t do it with all that was within her. She was not filled with remorse and sadness over how she had treated her loving sister. She did what was required, which in that case I think was about the best Anna could hope for.

David instructs us here not merely to do what is required, to bless the Lord, but to do it with all we’ve got. Bless him with everything that is in us. Don’t just go through the motions. Realize what amazing things God has done for you, be astounded by how incredible those gifts are, and give thanks to him like you mean it, from the bottom of your heart.

This raises the question of why it blesses God when we give thanks to him. Why is that his will? Does God need to have his ego pumped up? Is he like those people who are desperate for acclaim, who demand to have credit for anything they do that is even slightly good? Is he keeping score? Does he have a pride problem?

There are some profound theological reasons why giving thanks to God is terribly important. It is certainly not because God needs approval and craves attention. It is not an ego problem. It actually is crucial to the well being of all of the universe. But rather than focus on that theological aspect today I’m going to point out one that will appeal personally to all of us. I know it will resonate with you. God wants you to give thanks to him because it is good for you. I don’t mean good for you like eating kale is good for you. I know kale is good for your health, but I don’t long to eat kale. Giving thanks to God is good for you like eating a juicy, ripe peach in summer is good for you. It is good for your health, but you also like it.

You will like it because it reorients your mindset and your mood. Have you ever known a person who is perpetually dour, who can never see and savor anything good? That person is able to find the cloud in every silver lining. This person is the real life version of Eeyore. “Hey, I have some great and exciting news for you. You just won the Publisher’s Clearing House Sweepstakes. You’re going to get $10 million!” “Oh, great. I’m going to have to pay huge taxes. And when word gets out that I’ve won this money people are going to be crawling out of the woodwork to ask me for some of it. What a nightmare.”

Do you think a person who lives in that gloomy world is a joyful, happy person, who is full of life? No, that’s not a person who is going to be full of laughter, brimming with exuberance and life. Wouldn’t you prefer to be full of laughter and exuberance? God created us to be joyful. He wants us to be joyful. That familiar verse, Psalm 118:24 says, “This is the day the Lord has made. Let us rejoice and be glad in it.” What God wants is that you will rejoice and be glad. That is God’s desire and will for you.

Because he loves us God instructs us. Our little granddaughter, Cara, has some health issues. They made the first couple of years of her life pretty tough because due to her problems she was in pain a lot. She’s gotten a lot better, in large part because they have figured out what the problems are and have found some medicine that helps a lot. The problem is, Cara doesn’t want to take the medicine. She doesn’t understand that the medicine is what helps her feel better. But her parents persist in giving her the medicine. Why do they do that? It’s because they love her and they want her to feel better and be healthier, to have a better life. That is why God tells us to give thanks in all things. It is because God wants us to rejoice and be glad, to have a life of joy. Giving thanks to him is a crucial element in having that life.

William Temple, who was the Archbishop of Canterbury during part of the 20th century, said, “It is probable that in most of us the spiritual life is impoverished and stunted because we give so little place to gratitude.” Ann Voskamp, author of the book, *A Thousand Gifts*, says that her life was totally changed by learning to practice blessing the Lord, giving thanks to him. She says, “Every breath is a battle between grudgery and gratitude. Give thanks…and win joy…Joy is always a function of gratitude.” We have a choice to make and it is between grudgery, having a life that feels like an ordeal, and gratitude. Voskamp urges us to choose joy by being a grateful person who gives thanks always.

It’s not just our spiritual life. Dr. Robert Emmons of UC Davis has done a lot of study on giving thanks. One thing his studies have shown is that having a habit of giving thanks actually slows down the effects of aging! Do you want to feel and maybe even look younger? Bless the Lord, all that is in you!

Fine, we agree we should give thanks. But it is hard to be enthusiastic about giving thanks if you haven’t received something that produces a naturally enthusiastic response. When we were kids Jerry and I received socks as Christmas presents from an aunt one year. We likely said thank you, but we didn’t do it with all our soul. What have we received from God that produces that kind of enthusiasm? David gives us a few examples.

WE HAVE REASONS TO BLESS THE LORD

***He Forgives All Our Sins***

Most of us are familiar with David’s most notorious sin. He got the wife of one of his most faithful soldiers, Uriah, pregnant, and then to cover up what he had done he had Uriah killed. David was a passionate man who didn’t do anything half way. When he sinned, he did it extravagantly. Do you think that incident ever bothered him? It ate him alive. In Psalm 32:3 he said, “My bones wasted away through my groaning all day long.” In verse 4 he said, “My strength was sapped as in the heat of summer.”

That was not the only time David failed grievously. There was another occasion in 1 Samuel 21 when he quit trusting God to take care of him, so he lied to protect himself, even though his lie would put a godly, innocent man in jeopardy. The result was that not only was that godly man killed, but also his entire family and his entire town. It was all David’s fault. He wore the guilt of that, too.

Do you think it mattered to David that God forgave him? Have you ever had something hanging over you, weighing on you so much that it made you feel weary, and it caused everything in your life to feel dark, gloomy, cheerless and hopeless? That’s what David meant by his bones wasting away through his groaning all day long. He had a boat load of regret. He wished with all his heart he could go back and undo the terrible things that he had done, but he couldn’t. They ate at him. The guilt was killing him. Have you ever had the experience of having that thing that is weighing you down taken away? What a huge blessing that is. You feel almost lighter than air, like you could just float into the sky. That’s what it felt like to David when he knew that God forgave him. In Psalm 32:1 he wrote, “Blessed is the one whose transgressions are forgiven, whose sins are covered.”

Marghanita Laski, the 20th century British atheist writer, said shortly before her death, “What I envy most about you Christians is your forgiveness. I have nobody to forgive me.” She had what every human being has, persistent guilt. We all carry around that sense that we are not and have never been what we should be. Think how awful it would be if you knew you would be held to account for everything you have ever thought, said or done, that was less than admirable, that you wish had never happened. This Psalm tells us that we are forgiven *all* of our sins. Every bit of wrong or evil, past, present and future, is forgiven, and it is forgiven forever. Hebrews 8:12 quotes the Lord saying, “I will forgive their wickedness and will remember their sins no more.” Hebrews 10:18 says where there is forgiveness there is no more offering for sin needed. Later in verse 12 David wrote, “As far as the east is from the west, so far he removed our transgressions from us.” What a huge relief! What a weight off! There is never a moment of our lives when we do not have reason to joyfully give thanks to God, because we are free of the burden and the guilt of all of it through his grace brought to us through Jesus Christ.

***He Heals Our Diseases***

Does God heal people today? Yes, he does. But usually when people ask about God healing they have miraculous intervention in mind. Does God miraculously heal people today? I believe that he does, though I think that is far from the norm. It is rare, but I believe God can do that. However, most of the time God doesn’t heal people in miracles. Even when Jesus was walking on earth most of the people who were sick were not miraculously healed. But that does not mean he doesn’t heal people. James 1:17 tells us that every good gift comes from God. Is healing a good gift? Yes, it is. Then according to James, it comes from God, however it is delivered. All healing comes from God. It may be delivered to us through the skill of a doctor, or a medicine, or natural processes, or, yes, even a miracle. But all of those healings come from God.

There is an amazing thing about our bodies. They are able to heal themselves. When I was in high school one time in a baseball game while I was at bat, I was hit by a fastball on my left elbow. It hurt, but also my arm went numb. After a while the feeling started coming back, and the arm felt okay, just sore. But that night my arm swelled up like a balloon. In the morning I couldn’t even bend it. The trainer iced the arm and wrapped it. The amazing thing is that soon the swelling went down and in short order that elbow was totally normal and I’ve never had a problem with it since. My body healed it.

Unfortunately, I have had a couple of injuries that resulted in permanent damage. The most notable is one I’ve mentioned before. When I was 25 I sustained a blow to the left side of my head that caused a severe concussion, blew out my left eardrum and caused damage to my inner ear. The concussion healed and so did the eardrum. However, the damage to my ear was permanent, so I have had slight hearing loss in that ear and I have a permanent ringing.

What if every time we had an injury or illness it was like that injury and would cause permanent damage? What if our bodies could not heal themselves? My elbow would have stayed swollen forever after I got hit by that pitch and my arm would have been numb forever. I had measles and mumps as a kid, I’ve had strep throat, I’ve had pneumonia, I’ve broken fingers and hands on numerous occasions, I’ve had the flu, I’ve had, like you, many colds, I’ve had sinus infections. What if all those things were permanent because my body couldn’t heal itself? I’d be a mess. If I even survived I’d be in misery with measles, a raging sore throat, sinuses blowing up, fever, twisted, painful fingers and hands, an aching body and none of it would ever get better.

There is no law that says God had to make our bodies so they could heal themselves. Laurie and I had a couple of days away at a hotel this past week. It was a beautiful place, but the toilet in our room had a problem. It did not fix itself. Left to itself it would never get better. Laurie fixed it. Cars don’t fix themselves, houses don’t fix themselves, if tools or toys get broken they don’t fix themselves. Broken dishes don’t fix themselves. But our bodies fix themselves. That is a gift from God. So God has been responsible for healing my diseases.

I’ve had operations to repair a torn tendon and a hernia. God gave those surgeons the ability to make those repairs. They have to have an absurd amount of knowledge and skill to do that. And they have to possess the desire to do that work. I and most people don’t have the knowledge, the skill, or the desire to do that. But God has given those gifts to some people. He uses people to heal us. But again, if my body couldn’t heal itself those surgeries wouldn’t have helped. They would have left me with more wounds.

I am extremely thankful that God has given me healing from my many diseases and injuries. How horrible and miserable life would be if he had not done so. But those physical healings are not the most important thing God has healed. He has healed the spiritual diseases I have had, the ones we all have. He has healed me from my separation from him, which is a fatal disease, and from my guilt and hopelessness. We have much to be thankful for!

***He Redeems Our Lives From The******Pit***

David said one benefit we should never forget is that God redeems our lives from the pit. The pit, for David, was a place of death and destruction. Pastor Cecil Taylor said that “redeem” in this case means not so much pull us out of it, as keep us from it. Old Testament scholar Derek Kidner wrote that here David was thanking God for keeping him from a premature death.

David should have died on many occasions. He had been through many battles in combat, and then he had been pursued by Saul. There were multiple occasions where the only thing that kept David from being killed was God’s amazing intervention. One of the classics is recorded in 1 Samuel 19. Saul wanted to kill David and found out he was hiding at a place called Naioth. Saul sent a team to either capture or kill David, but when they found him, instead of taking him they suddenly started prophesying. They forgot all about David. Saul was furious, so he sent a second and then a third team, and the same thing happened. Finally, he figured if you want something done right, do it yourself. Saul went after David himself, determined to execute him. He did find him, but when he did, according to 1 Samuel 19:24 “he also stripped off his clothes, and he too prophesied before Samuel and lay down all that day and all that night.” Can you imagine the emotional roller coaster David went through? Oh, no, I’m trapped! Saul’s men have me. I’m doomed! Then right in front of his eyes they go into a bizarre prophetic trance of some kind and forget all about him. It happens two more times, then finally Saul himself comes. He ends up lying naked on the ground all day and night. Don’t you think David had a good laugh about that. He was out of options, then God stepped in, and saved him in an hilarious way.

You have a charmed life. You are here today because God has protected you from danger and death. When our son, Toby, was in medical school he first studied the body’s systems and how they work. Then they studied diseases and things that can go wrong with the body. When he was about done with that part of his training, one day he said to me, “Dad, there is so much that can go wrong. It’s a miracle that any of us survive.” He’s right. It is a miracle. Why haven’t you succumbed to cancer or a brain aneurysm bursting, or some undetected genetic defect or an aggressive virus that attacks your heart? There’s an article in the newspaper today about former Padre player Tim Flannery. He has a staph infection in his bloodstream that seriously threatens his life. He was in the hospital for weeks. He’s out now, but the battle is continuing. The startling thing is he has no idea how he got it. It seemed to come from out of the blue. Why hasn’t that happened to you? Is it because you are stronger than others? No, it’s because God has been protecting you. Satan would love to fell you this instant.

There may be moments in your life when you became aware of that. When I was a sophomore in college, late one afternoon I was in a car with 3 teammates driving back to our school after we had played a baseball game at UC Riverside. We wanted to get back quicker, so one of my buddies had offered to take us to and from the game in his car. This was in the old uninformed days, so none of us was wearing a seatbelt. We were driving on a 4 lane highway going west at around 60 miles per hour. Up ahead was a big intersection with a major 4 lane cross street and lots of traffic. As we were approaching the intersection the light turned yellow, then red. But our driver didn’t stop. We yelled at him to stop, but, as we found out shortly, the brakes had failed on the car. He was desperately stomping on the brake pedal, to no avail. I had that brief moment where I thought, “Well, this could be it” because I knew we were either going to slam into a car that was trying to cross the intersection, or we were going to get T-boned by at least one, probably more vehicles traveling fast. Astoundingly, there was a brief, inexplicable break in all 4 lanes of cross traffic, just as we got to the intersection. We sailed right through untouched. We crossed 4 lanes of traffic and no one even honked at us. When we realized what had just happened, we all said, with much relief, “That was a miracle!” It wasn’t literally a miracle. It didn’t violate the laws of nature. It was just highly improbable. But it was an example of God’s protection, of him keeping me from the pit. I very easily could have died that day, but I didn’t even get a dent.

Metaphorically God also rescues us from the pit of discouragement, defeat, hopelessness, loneliness and estrangement from him. That most familiar passage, Psalm 23 depicts this so well. Verses 1-3 in the New American Standard version read, “The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; he leads me beside quiet waters. He restores my soul.” What a picture of peace. Like a sheep, calmly, happily lying down in green pastures, with his love and forgiveness and grace, with his presence we can be at peace. He restores our souls. They get battered as we go through the trials of this world, but he restores and strengthens them.

***He Crowns Us With Love***

I just talked recently of God’s unconditional, infinite love for us, and how it is the foundation of all of our lives. So I won’t belabor this point. But I will just say this. If God didn’t love you as he does, your life would be a living hell, if it even continued. The greatest gift we could ever have is that God loves us with his steadfast love. It is his love that sets us free, gives us peace, and fills us with joy.

***He Satisfies Us With Good Things***

Arthur Conan Doyle wrote a short Sherlock Holmes story called *The Adventure of the Naval Treaty*. There is a remarkable moment in that story in which Dr. Watson finds Holmes studying a rose. Watson found this unusual. Here’s what Doyle wrote. Holmes says to Watson, “’There is nothing in which deduction is so necessary as in religion,’ said he, leaning with his back against the shutters… ‘Our highest assurance of the goodness of Providence seems to me to rest in the flowers. All other things, our powers, our desires, our food, are really necessary for our existence in the first instance. But this rose is an extra. Its smell and its color are an embellishment of life, not a condition of it. It is only goodness which gives extras, and so I say again that we have much to hope from the flowers.’”

We have many extras that God has given to us that we take for granted. Psalm 34:8-9 says, “Taste and see that the Lord is good; blessed is the one who takes refuge in him. Fear the Lord, you his holy people, for those who fear him lack nothing.” Psalm 34:5 says, “Those who look to him are radiant.” Years ago I went with a group of men to do some work on an orphanage down in Mexico. Yeah, I know. Rick, tools, building, what could possibly go wrong? Sure enough, to no one’s surprise, in the course of the day I injured myself, ended up with a bandaged hand and was reduced to trying to help one handed. But one vivid memory involved returning home. One crosses a man made line from Mexico back to the USA, and things change. The land is the same, but there are so many things that I have without even thinking about them that are absent there. Consistent electric power, clean, running water that won’t cause me to start running for the bathroom repeatedly if I drink it, trash pickup, and the list goes on. I didn’t earn being born and living here. All of those things and many more are gifts from God, blessings that I don’t think twice about.

Laurie and I had a couple of days away this week, our only vacation this year. Yesterday we drove back from the desert. At one point Laurie said she needed to use a restroom. We had just gotten off the freeway so I drove to a fast food restaurant. They informed Laurie their restrooms were closed. Next door was a gas station with a mini mart, so we went there. Their restrooms were closed. There was nothing else around, so I suggested we go into a nearby town in search of some relief, but she said she would be all right. Let’s push on. I warned her there would be no safe harbors in the next stretch, but she said, “keep going.” We drove on and made it to civilization. We found a CVS and figured that would do the trick for sure. It had better, because at that point the situation was becoming urgent. Laurie walked so fast into the store we looked like the reverse of the old traditional Asian couple where the woman walks behind the man. I was hurrying, but lagging behind. Laurie found the restrooms, and they were locked. She found an employee who told her they were closed. Laurie, frustrated and now on the precipice of a truly embarrassing moment let her frustration out. She yelled, “Where’s a girl supposed to potty?” We hurried to a nearby grocery store where she found the restrooms...and they were locked! Fortunately she went to beg for pity from an employee who informed her there was a code to enter to unlock the door. Laurie was saved. You know, I take restrooms mostly for granted. Have them be unavailable for a little while and you will find yourself hugely thankful for them. Perhaps we should always be thankful.

Most important of all, of course, is that God has given us the gifts of his presence, his truth, his love, his forgiveness, the hope of eternal life, his body, families that love us. These things make life full, and as we live in the reality of them they renew our strength. These are all blessings, gifts from God, for which we should be fervently grateful and give thanks to him continually.

CONCLUSION

I have both short term and longer term applications for you today. They are not deeply insightful, they are obvious, but they are important.

AT THANKSGIVING, GIVE THANKS

This week we have the Thanksgiving holiday. We will have some time off from the usual schedule. You will probably have some sort of family event or some socializing with friends, curtailed though they may be by covid. As part of it, bless the Lord. Include him in your celebration. Take some time to think of some of the specific things that you are thankful for. Then tell him. But don’t just tell him. The Hebrew concept of thanks to God involved telling people about what God has done. I encourage you to think of at least 3 specific things you are thankful to God for. Then share them with someone. Perhaps you can tell those at your Thanksgiving feast, but if not, tell your spouse, or a family member or a friend.

LIVE A LIFE OF BLESSING THE LORD

There is no radical new insight here, just a truth that we have a hard time remembering and practicing. Not just at the holiday season, but always, live a life of thanking God. No matter what may be happening in your life, give thanks to God. When you get up in the morning, give thanks to God for the day that he has given you. When you go to bed, thank God for the day you have had and the good things he has given you. Throughout your days, choose purposefully to see the many good things God is giving you and then thank him for them. Make thanking God your response in attitude and action to everything that happens. Share the gratitude with other people. I guarantee you, the more you give thanks to God, the more you will trust him, the more you will have peace in him, the more you will love him, and the more you will have joy.