

Give Thanks to the Lord

In our Covenant Service at New Year, we confess that “we have taken great benefits with little thanks”. How often do we say “thank you” to the Lord? The answer to that for most of us is not enough!

Many things in the Christian life begin with a resolve. This simply means turning our will, our mind in another direction. We can resolve to be thankful, grateful children of the heavenly Father. As with all prayer it is directed to God but it changes us.

Thanksgiving is the great antidote to self-pity and grumbling. When you are tempted to enjoy a pity party instead give thanks to the Lord for all his blessings. “Thank you Lord that you love me” is a good beginning. This is a prayer of thanks that can be said however dark the circumstances. Many prayers follow from this, “thank you that you are with me, you will never leave me” and so on.

If a day looms before you threatening to overwhelm you, instead of worrying about it, thank the Lord for his strength that will carry you through or the wisdom of the Holy Spirit as you talk with someone.

There are the countless things we take for granted, a roof over our heads, hot water, friends – all gifts from our loving Father. Thank him.



For health and strength and daily food, we thank you Heavenly Father.