

A Thankful Heart = A Better Life Topical

Devote yourselves to prayer with an alert mind and a thankful heart.
Colossians 4:2 (New Living Translation)

A thankful heart is demonstrated when believers regularly recognize God's blessings in their lives and express gratefulness to Him for those blessings.

Scriptures teach a number of lessons that help promote a thankful heart.

- **Lesson #1: GOD IS THE SOURCE OF EVERY BLESSING.**

Every good and perfect gift is from above, coming down from the Father . . .
James 1:17 (New International Version)

Better a meal of vegetables where there is love than a fattened calf with hatred.
Proverbs 15:17 NIV)

Bless the LORD, O my soul, and forget not all his benefits, ³who forgives all your iniquity, who heals all your diseases, ⁴who redeems your life from the pit, who crowns you with steadfast love and mercy, ⁵who satisfies you with good so that your youth is renewed like the eagle's. Psalm 103:2-5 (English Standard Version)

Let your lives overflow with thanksgiving for all he has done.
Colossians 2:7b (NLT)

- **Lesson #2: THANKSGIVING IS A CHOICE I MAKE.**

Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus. 1 Thessalonians 5:18 (NLT)

I have learned to be content whatever the circumstances. ¹²I know what it is to be in need, and I know what it is to have plenty. Philippians 4:11b-12a (NIV)

He has broken my teeth with gravel; he has trampled me in the dust. ¹⁷I have been deprived of peace; I have forgotten what prosperity is. ¹⁸So I say, "My splendor is gone and all that I had hoped from the LORD." ¹⁹I remember my affliction and my wandering, the bitterness and the gall. ²⁰I will remember them, and my soul is downcast within me. Lamentations 3:16-20 (NIV)

Yet this I call to mind and therefore I have hope: ²²Because of the LORD's great love we are not consumed, for his compassions never fail. ²³They are new every morning; great is your faithfulness. ²⁴I say to myself, "The LORD is my portion; therefore I will wait for him." ²⁵The LORD is good to those whose hope is in him, to the one who seeks him . . . Lamentations 3:21-25 (NIV)

And I want you to know, dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News. ¹³For everyone here, including all the soldiers in the palace guard, knows that I am in chains because of Christ. ¹⁴And because of my imprisonment, many of the Christians here have gained confidence and become more bold in telling others about Christ . . . ¹⁸so I rejoice.
Philippians 1:12-18a (NLT)

- **Lesson #3: REGULARLY EXPRESS THANKS TO GOD AND OTHERS.**

I will give thanks to the LORD because of his righteousness . . . Psalm 7:17 (NIV)

Give thanks to the LORD, for he is good . . . Psalm 118:1 (NIV)

I will give you thanks, for you answered me . . . Psalm 118:21 (NIV)

This service that you perform is not only supplying the needs of God's people but is also overflowing in many expressions of thanks to God. ¹³Because of the service by which you have proved yourselves, men will praise God for the obedience that accompanies your confession of the gospel of Christ, and for your generosity in sharing with them and with everyone else. 2 Corinthians 9:12-13 (NIV)

I always thank God when I pray for you Philemon, because I keep hearing of your trust in the Lord Jesus and your love for all of God's people. Philemon 4-5 (NLT)

Give my greetings to Priscilla and Aquila, my co-workers in the ministry of Christ Jesus. ⁴In fact, they once risked their lives for me. I am thankful to them, and so are all the Gentile churches. Romans 16:3-4 (NLT)