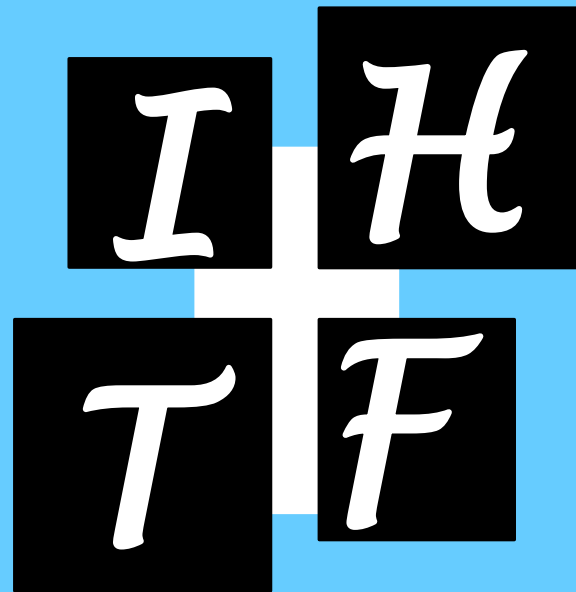


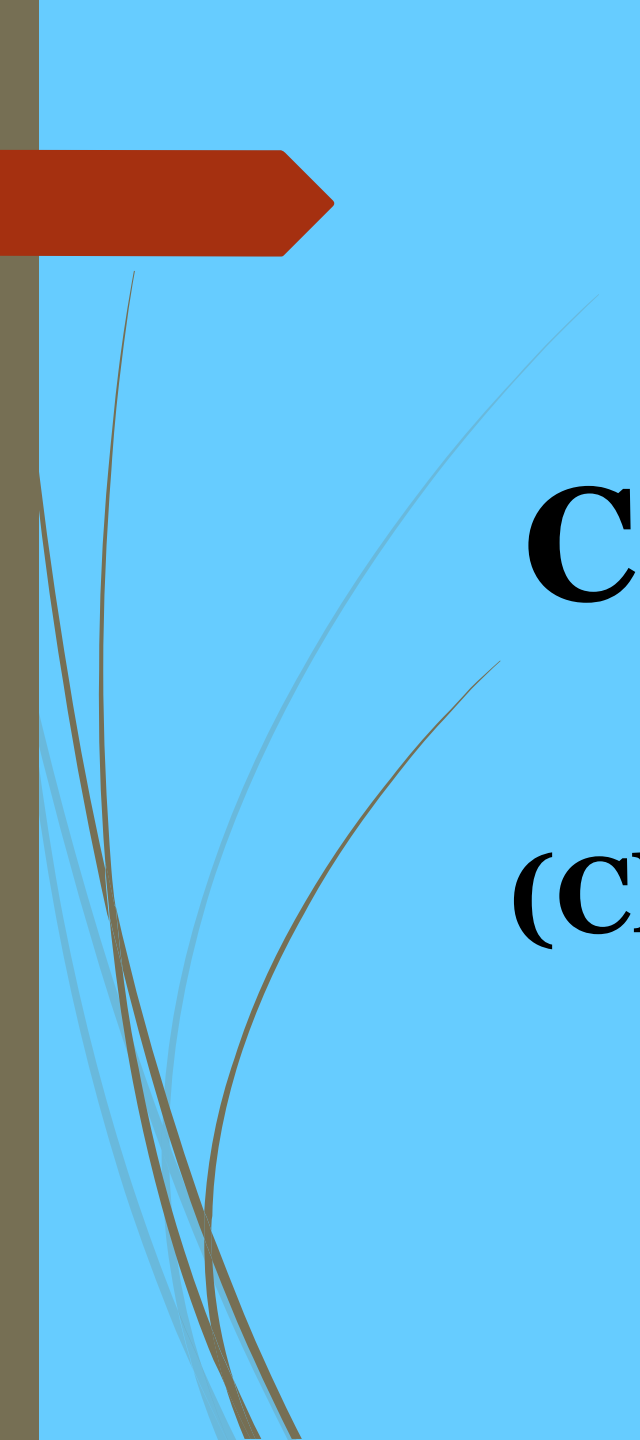


# INTERNATIONAL HOUSE OF TRUTH AND FREEDOM SMYRNA-VININGS, GA, USA

[TruthnFreedom.com](https://TruthnFreedom.com)



**1<sup>ST</sup> December 2024**



# **CHOOSING TO BE THANKFUL**

**(Christian Character Series)**

# Thanksgiving

## **Proverbs 3:5-6**

**5 Trust in the Lord with all your heart, and lean not on your own understanding; 6 In all your ways acknowledge Him, and He shall direct your paths.**

We are encouraged to cultivate an attitude of acknowledging God in all our ways, and He will lead us through paths of righteousness. Being grateful to God is one of the ways we can acknowledge God. Gratitude is recognizing the fact that what we have received has come from Him. However, sometimes we go through difficulties and wonder how God could have allowed us to be in that situation. Those are moments when it can be difficult to be grateful but we are encouraged to trust in the Lord with all our heart, and lean not on dissecting and trying to figure out the many whys. Those are difficult times indeed and may the Good Lord Himself help us navigate through such times.

# Power of Gratitude

## **Philippians 4:6-7**

**6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.**

Paul encouraged the Philippians to cultivate an attitude of prayer and gratitude to God. The result of such attitude is the experience of the unique peace that comes from God. It is one that surpasses all understanding, even the understanding that we so often lean unto. It is a kind of peace that mounts guard over our hearts and minds in Christ so that we focus only on the goodness of God. Where there is thanksgiving, God receives more and more glory. May we practice the attitude of gratitude not only when things are going our way but also when times are tough. In tough times, let us give thanks to God and let our requests be made known to Him.



# Take Away

It is easy to be grateful to God when times are good. However, it takes a lot of effort, and sometimes we fail, to give thanks to God when times are difficult. May the grace of our Lord Jesus, the love of God, and the fellowship of the Holy Spirit assist us in practicing being grateful to God at all times. Amen! That is God's will for us because showing gratitude is acknowledging the goodness of the Lord and giving Him glory.

