

Giving thanks to God

Throughout the Psalms, we are called to remember God's goodness, faithfulness and unfailing love

One reason Scripture continually calls us to give thanks is because we are very good at forgetting. We can easily remember our disappointments and difficulties while overlooking the blessings we already have.

Psalms 107 remembers the ways God has rescued, guided and provided for his people and repeatedly declares, *"Give thanks to the LORD for his unfailing love and his wonderful deeds."*

Thanksgiving therefore comes from remembering what God has done.

But thanksgiving is not only for good times. As Paul writes, *"Give thanks in all circumstances" (1 Thessalonians 5:18)*. Note that we are not asked to give thanks *for* every circumstance, but *in* every circumstance.

Even in difficult times, we can thank God that he is with us, that he loves us, and that his promises remain true.

Thanksgiving may not change our circumstances, but it can change our perspective.

It helps us notice the ordinary blessings we can easily take for granted: another day, family, friendship, creation, and the people who encourage us.

So, thanksgiving is not simply something we do just on Sunday. It becomes part of how we live. We give thanks because God is good, his love endures forever, and he has given us the greatest gift of all – Jesus.

As Psalm 107 reminds us: **"Give thanks to the LORD, for he is good; his love endures forever."**