

A background image of Earth from space, showing the blue and white atmosphere and the dark surface of the planet. A bright sun is visible in the upper right corner, creating a lens flare effect. The text "A TIME FOR..." is overlaid in large white letters across the middle of the image.

A TIME FOR...

A semi-transparent grey rectangular box containing the word "Thankfulness" in white, bold, sans-serif font with a slight drop shadow.

“Thankfulness”

Thankfulness an Evolving Theme in Scripture

OT: Hebrew

todah = “to give thanks” derived from
yadah = “to praise” and *yad* = hand

NT: Greek

eucharistia = thankful, connected to *charis* = grace

The act of offering thanks or being thankful to God

Leviticus 7:11-12 (NLT)

¹¹ “These are the instructions regarding the different kinds of peace offerings that may be presented to the LORD. ¹² If you present your peace offering as an expression of thanksgiving, the usual animal sacrifice must be accompanied by various kinds of bread made without yeast—thin cakes mixed with olive oil, wafers spread with oil, and cakes made of choice flour mixed with olive oil.

Components of the offering

Peace here is “*shelem*” and it means a sacrifice or offering given to bring about peace

Animal sacrifice: sacrifice for sin, forgiveness

Bread without yeast: freedom from bondage

Oil: the Holy Spirit

Psalm 118:1-4 (NIV)

- ¹ Give thanks to the LORD, for he is good;
His love endures forever.
- ² Let Israel say:
“His love endures forever.”
- ³ Let the house of Aaron say:
“His love endures forever.”
- ⁴ Let those who fear the LORD say:
“His love endures forever.”

Psalm 100:4-5 (KJV)

- ⁴ Enter into his gates with thanksgiving,
And into his courts with praise:
Be thankful unto him, and bless his name.
- ⁵ For the LORD is good; his mercy is everlasting;
And his truth endureth to all generations.

1 Timothy 2:1-2 (NIV)

¹ I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—
² for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.

Matthew 15:35-37 (NLT)

³⁵ So Jesus told all the people to sit down on the ground. ³⁶ Then he took the seven loaves and the fish, thanked God for them, and broke them into pieces. He gave them to the disciples, who distributed the food to the crowd.

³⁷ They all ate as much as they wanted. Afterward, the disciples picked up seven large baskets of leftover food.

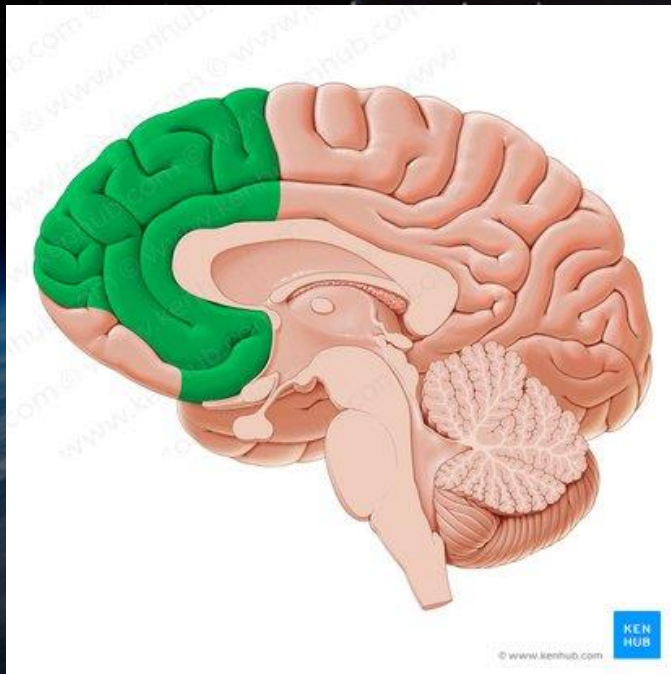
Luke 22:19-20 (KJV)

¹⁹ And he took bread, and gave thanks, and brake it, and gave unto them, saying, This is my body which is given for you: this do in remembrance of me. ²⁰ Likewise also the cup after supper, saying, This cup is the new testament in my blood, which is shed for you.

Philippians 4:6-7 (NIV)

⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.
⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

The Benefits of Gratitude



Physical	Psychological	Social
<ul style="list-style-type: none">• Stronger immune systems• Less bothered by aches and pains• Lower blood pressure• Exercise more and take better care of their health• Sleep better and feel more refreshed upon waking	<ul style="list-style-type: none">• Higher levels of positive emotions• More alert, alive, and awake• More joy and pleasure• More optimism and happiness	<ul style="list-style-type: none">• More helpful, generous, and compassionate• More forgiving• More outgoing• Feel less lonely and isolated

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Components of Knowing Peace Beyond our Understanding...

In every situation
Choose not to be anxious
Add together your prayers, petitions and
thanksgiving

It's easy to thank God after the event but it's a
choice to thank Him before in prayer

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