

# How to be Thankful No Matter What

11/18/12

## 10. Count your blessings

**1 Peter 1:3** Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead,  
<sup>4</sup> to *obtain* an inheritance *which is* imperishable and undefiled and will not fade away, reserved in heaven for you,  
<sup>5</sup> who are protected by the power of God through faith for a salvation ready to be revealed in the last time.  
<sup>6</sup> In this you greatly rejoice, even though now for a little while, if necessary, you have been distressed by various trials,  
<sup>7</sup> that the proof of your faith, *being* more precious than gold which is perishable, even though tested by fire, may be found to result in praise and glory and honor at the revelation of Jesus Christ;  
<sup>8</sup> and though you have not seen Him, you love Him, and though you do not see Him now, but believe in Him, you greatly rejoice with joy inexpressible and full of glory,  
<sup>9</sup> obtaining as the outcome of your faith the salvation of your souls.

## 9. Remember your destiny

**2 Corinthians 4:16** Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day.  
<sup>17</sup> For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison,  
<sup>18</sup> while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.

## 8. Choose Contentment

**1 Timothy 6:6** But godliness *actually* is a means of great gain, when accompanied by contentment.  
<sup>7</sup> For we have brought nothing into the world, so we cannot take anything out of it either.  
<sup>8</sup> And if we have food and covering, with these we shall be content.  
<sup>9</sup> But those who want to get rich fall into temptation and a snare and many foolish and harmful desires which plunge men into ruin and destruction.  
<sup>10</sup> For the love of money is a root of all sorts of evil, and some by longing for it have wandered away from the faith, and pierced themselves with many a pang.  
<sup>11</sup> But flee from these things, you man of God; and pursue righteousness, godliness, faith, love, perseverance and gentleness.

**2 Corinthians 12:7** And because of the surpassing greatness of the revelations, for this reason, to keep me from exalting myself, there was given me a thorn in the flesh, a messenger of Satan to buffet me-- to keep me from exalting myself!  
<sup>8</sup> Concerning this I entreated the Lord three times that it might depart from me.  
<sup>9</sup> And He has said to me, "My grace is sufficient for you, for power is perfected in weakness." Most gladly, therefore, I will rather boast about my weaknesses, that the power of Christ may dwell in me.  
<sup>10</sup> Therefore I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ's sake; for when I am weak, then I am strong.

## 7. Serve others and rejoice in their blessings

**Romans 12:14** Bless those who persecute you; bless and curse not.  
<sup>15</sup> Rejoice with those who rejoice, and weep with those who weep.

**Luke 6:27** "But I say to you who hear, love your enemies, do good to those who hate you,  
<sup>28</sup> bless those who curse you, pray for those who mistreat you.

## 6. Hang with thankful people

**Ephesians 5:4** <sup>4</sup> and *there must be no* filthiness and silly talk, or coarse jesting, which are not fitting, but rather giving of thanks.

<sup>18</sup> ...And be filled with the Spirit,

<sup>19</sup> speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord;

<sup>20</sup> always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father;

## 5. Spend time in God's word daily

**Colossians 3:16** Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms *and* hymns *and* spiritual songs, singing with thankfulness in your hearts to God.

<sup>17</sup> And whatever you do in word or deed, *do* all in the name of the Lord Jesus, giving thanks through Him to God the Father.

## 4. Trust God's covenant promises in adversity

**Hebrews 10:14** For by one offering He has perfected for all time those who are sanctified.

<sup>15</sup> And the Holy Spirit also bears witness to us; for after saying,

<sup>16</sup> "This is the covenant that I will make with them After those days, says the Lord: I will put My laws upon their heart, And upon their mind I will write them," *He then says,*

<sup>17</sup> "And their sins and their lawless deeds I will remember no more."

...<sup>32</sup> But remember the former days, when, after being enlightened, you endured a great conflict of sufferings,  
<sup>33</sup> partly, by being made a public spectacle through reproaches and tribulations, and partly by becoming sharers with those who were so treated.

<sup>34</sup> For you showed sympathy to the prisoners, and accepted joyfully the seizure of your property, knowing that you have for yourselves a better possession and an abiding one.

## 3. Practice self examination in adversity

**Hebrews 12:3** For consider Him who has endured such hostility by sinners against Himself, so that you may not grow weary and lose heart.

<sup>4</sup> You have not yet resisted to the point of shedding blood in your striving against sin;

<sup>5</sup> and you have forgotten the exhortation which is addressed to you as sons, "My son, do not regard lightly the discipline of the Lord, Nor faint when you are reprov'd by Him;

<sup>6</sup> For those whom the Lord loves He disciplines, And He scourges every son whom He receives."

<sup>7</sup> It is for discipline that you endure; God deals with you as with sons; for what son is there whom *his* father does not discipline?

<sup>8</sup> But if you are without discipline, of which all have become partakers, then you are illegitimate children and not sons.

<sup>9</sup> Furthermore, we had earthly fathers to discipline us, and we respected them; shall we not much rather be subject to the Father of spirits, and live?

<sup>10</sup> For they disciplined us for a short time as seemed best to them, but He *disciplines us* for *our* good, that we may share His holiness.

<sup>11</sup> All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness.

## 2. Look for the benefits from adversity

**Romans 5:1** Therefore having been justified by faith, we have peace with God through our Lord Jesus Christ,  
<sup>2</sup> through whom also we have obtained our introduction by faith into this grace in which we stand; and we exult in hope of the glory of God.

<sup>3</sup> And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance;  
<sup>4</sup> and perseverance, proven character; and proven character, hope;

<sup>5</sup> and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.

<sup>6</sup> For while we were still helpless, at the right time Christ died for the ungodly.

**Philippians 1:12** Now I want you to know, brethren, that my circumstances have turned out for the greater progress of the gospel,

<sup>13</sup> so that my imprisonment in *the cause of* Christ has become well known throughout the whole praetorian guard and to everyone else,

<sup>14</sup> and that most of the brethren, trusting in the Lord because of my imprisonment, have far more courage to speak the word of God without fear.

## 1. Worship and pray all day

**1 Thessalonians 5:16** Rejoice always;

<sup>17</sup> pray without ceasing;

<sup>18</sup> in everything give thanks; for this is God's will for you in Christ Jesus.

**Colossians 2:6** As you therefore have received Christ Jesus the Lord, so walk in Him,

<sup>7</sup> having been firmly rooted *and now* being built up in Him and established in your faith, just as you were instructed, *and overflowing* with gratitude.

All Scripture: NASV