

Don't Worry, Be Happy...By Thanksgiving

2019-11-24 by Ben Deaver at Tallgrass Church on Philippians 4:4-7

Mingle Question: What are you doing for Thanksgiving?

- *Don't Worry, Be Happy* by Bobby McFerrin— <https://www.youtube.com/watch?v=d-diB65scQU>
- Who's traveling the furthest away?
- Who's hosting the most people?
- Who's hosting the most folks from different countries?

Friendsgiving Feasts

- Monday w/ Deaver LIFE Group
- Tuesday w/ Renberg LIFE Group
- Thursday w/ Bill Bickmeier & friends

Hope for the Holiday

- MMA meeting—I was moved and shared with Dave Geldart and he teared up.
- Three of our LIFE Groups are taking two lists each.
- We have two extra lists.
- We can request more lists if more people want to experience the blessing of giving.

You know something about me. Something very personal. There's something I know about every one of you that's very central to your concerns. We know this about every person we run into in our neighborhoods that is very core to the wellspring of their life efforts. And that is that we all want to be happy.

Song: If you're happy and you know it clap your hands!

Blaise Pascal (1623-1662)— French mathematician, physicist, inventor, writer and Catholic theologian
 "All men seek happiness. This is without exception. Whatever different means they employ, they all tend to this end. The cause of some going to war, and of others avoiding it, is the same desire in both, attended with different views. The will never takes the least step but to this object. This is the motive of every action of every man, even of those who hang themselves."

My goal this afternoon is that each of you would leave happier than you arrived and that you would have a path forward to increase your happiness incrementally day by day.

Don't Worry, Be Happy by Bobby McFerrin

Write down something that you think would make you happier. What did you come up with?

Buy Me A Boat by Chris Janson

I know everybody says, Money can't buy happiness
 But it could buy me a boat, it could buy me a truck to pull it
 It could buy me a Yeti 110 iced down with some silver bullets
 Yeah, and I know what they say, Money can't buy everything
 Well, maybe so, But it could buy me a boat

Our Happiness Expert:

To help us reach my goal of becoming happier tonight, I want to read a few words from someone who was in the most difficult of circumstances. Someone who is a bit of a happiness expert. If anyone knows the path to your happiness, it's this guy. In fact, he wrote these words while in prison, after countless beatings, often near death, five times lashed with a whip 39 times, having been stoned before (with rocks, not drugs), shipwrecked three times, lots of time on the road, endangered by river crossings, in danger from robbers, his own people group wanted him killed, other people groups wanted him killed, he faced danger in the city and in the wilderness, oh, and also at sea, he worked very hard, he faced many sleepless nights, faced lots of hunger and thirst, often didn't have enough food to eat, spent time exposed to the cold, and had the anxiety of many churches on his mind. And he wrote these words to an anxious group of people who were trying to follow Jesus.

I'll start with a very brief and loose paraphrase of this man's profound words for you and me on our path towards happiness.

Don't worry, be happy...by Thanksgiving!

Wait, wait wait! We can be worry-free and happy by THIS Thanksgiving?!?!? Yes!

Wait, wait, wait! How can we be worry-free and happy by THIS Thanksgiving?!?!? By thanksgiving!

Read Philippians 4:4-6

PRAY

Don't worry, be happy...by Thanksgiving!

Be happy

⁴ Rejoice in the Lord always; again I will say, rejoice.

- Be happy in the Lord always! I repeat, be happy!
- Rejoice = χαίρω; xairō (5463) (from χάρις; charis—5485)
- Thanksgiving = εὐχαριστία; eucharistía (2169) = good grace
- The goal is to be happy in the Lord!

Don't worry

⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

- Paul is writing to anxious people! That's why he's encouraging them to not worry.
- The double whammy of anxiety for Christians—When those who follow Jesus deal with anxiety, and we do, there's a double whammy because then you're anxious about your anxiety. Jesus died for me, how can I be anxious, but I am, now I'm stressed about stress. That double whammy can actually become a brutal downward spiral to the point that the Scriptures themselves become a point of crushing anxiety when read through the murky lens of condemnation rather than the path towards abundant life when read through the lens of the Gospel.
- Anyone out there struggle with any anxiety? Then lean in a bit.
- This isn't a happy go lucky talk to pump us up a little before Thanksgiving but this could be a pivotal moment in your life where you begin to move from anxiety towards increased gratitude and happiness!
- But in everything by prayer and supplication (asking or begging for something earnestly and humbly)—This is about conversation with your Creator. That's what prayer is. Talking to God AND listening to God.
- The key here is WITH THANKSGIVING!

With Thanksgiving

- I want to make the connection between the “with thanksgiving” and “be happy” and “don’t worry”.

What’s the connection between happiness and giving thanks?

- That’s easy, “When you’re happy, you give thanks.” When you get what you want or things go your way, then you give thanks for those things, right? The reverse is actually what’s true.
- “When you give thanks, you’re happy.”
- The Bible contains many imperatives to give thanks. But why? If another person constantly pestered us thank him, we would (rightly) believe him to be massively narcissistic or immensely insecure.
- **Illus:** Drew invites me over and cooks up a bunch of amazing food. I’m enjoying the food. Then he comes in and he’s like, “Hey, give thanks for that food. Give thanks for that ham. Give thanks for that chicken. Give thanks for that....” I’d be like, “Uh, I was going to give thanks but now you’re demanding it. I’m not even gonna eat more. What’s your deal.” BTW, thanks for the amazing food, Drew!
- Is God massively narcissistic or immensely insecure?
- Not at all. God doesn’t need our thanks. After all, the God of the Bible is **self-existent**, which means he has no needs. In the community of the Trinity, God is completely secure and satisfied, lacking nothing. He suffers from no cosmic loneliness or celestial insecurity.
- **Instead, God calls us to give thanks—not for His benefit—but for ours.** Just as we cringe at the tantrums of spoiled, unthankful children, God wants to teach us to be grateful people, because this is good for our spiritual health and maturity.
- How does gratefulness happen? For gratefulness to occur two things must be true of the object. It must be something valuable and something given.
 - Jot down a few things that are extremely valuable to you.
 - Which of these things are gifts?
 - Gift—haven’t earned it, freely given, you have no control on if you can keep it
 - **Luke 18:11-12** ¹¹ The Pharisee, standing by himself, prayed thus: ‘God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. ¹² I fast twice a week; I give tithes of all that I get.’
- The key to thanksgiving is that we can move beyond a few grateful experiences or days of gratitude towards grateful living. How? By becoming aware that every moment is a given moment, a gift. You’ve not brought about this moment in any way. You can’t ensure that another moment will be given.
- Conversation with good friend who happens to be Atheist—Most thankful for existence.
- Opportunity is the gift within the gift. The gift is the opportunity to do something with this moment. You might say that opportunity only knocks once but that’s not true. Each moment brings new opportunity. The opportunities for gratitude and the resulting happiness are occurring constantly.

The Future Starts Now every moment of your existence. You’ve been gifts a future. And for the believer in Jesus, to live brings amazing opportunity to walk in good works, and death brings amazing opportunity to be with Jesus.

- We don’t give thanks FOR every circumstance but we can give thank IN every circumstance.
 - **1 Thessalonians 5:16-18** ¹⁶ Rejoice always, ¹⁷ pray without ceasing, ¹⁸ give thanks in all circumstances; for this is the will of God in Christ Jesus for you.
- So ultimately, giving thanks is a choice and not dependent on your situation.
- Where are you experiencing anxiety? Pain? Struggle? What are the crappy situations in your life?
- God wants you to be happy...even in the midst of those difficulties.
- **Philippians 4:11-13** ¹¹ Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. ¹² I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. ¹³ I can do all things through him who strengthens me.

Dave's talk and taxes—Give thanks when paying your taxes. You made enough money to pay taxes. Yay!

Stones of Remembrance

- Give thanks in the midst of going through miscarriage
- My dad's darkest hour which he shared about at ManCamp
- Difficult church seasons

Secular Research

Gratitude Visit

- Participants were given one week to write and then deliver a letter of gratitude in person to someone who had been especially kind to them but had never been properly thanked.
- Martin Seligman (University of Pennsylvania Psychologist and President of the APA in 1998) found that the "gratitude visit" immediately increased happiness by 10%. But these results cut in half in a week were totally gone in six months.

"3 Good Things" Exercise

- Participants were asked to write down three things that went well each day and their causes every night for one week. In addition, they were asked to provide a causal explanation for each good thing.
- The "three good things" exercise produced a 2% increase in happiness in a week, a 5% increase after a month, and 9% at six months.
- So do a gratitude visit to boost your happiness and then to the "3 Good Things" exercise to maintain your happiness!

There's boatloads more research out there that you can refer to. But we don't just rely on research. And we don't just give thanks in general. We trust the Word of God and we give thanks to God Himself!

Don't worry, be happy...by Thanksgiving!

Philippians 4:7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Dealing with cynicism

- "I don't know if I can trust these studies or trust God's word." Ok, well, how's life working out for you now? Why not give thanksgiving a try?
- "I'm not a believer in God so what's the point?" Are you absolutely sure that there isn't a God? Hmm... That's a pretty arrogant stance to have. If you give even a miniscule chance that there's a Creator God out there then why not try giving thanks to Him? What's the worst that could happen? You've just increased your happiness levels as much as the secular research demonstrates. What's the best thing that could happen? God says, "You're welcome! And I have so much more for you!"
 - **James 1:17-18** ¹⁷ Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. ¹⁸ Of his own will he brought us forth by the word of truth, that we should be a kind of firstfruits of his creatures.
 - **Romans 8:32** He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?
- G.K. Chesterton (1874-1936), an English writer, philosopher, and theologian, became a Christian at age 48. Why? Because he was thankful, but he didn't know who to thank.
- He famously wrote, "The worst moment for an atheist is when he is really thankful and has no one to thank."

- We can be thankful for material objects, but we surely can't be thankful to material objects. When I wake up in the morning, I'm thankful to have a hot cup of coffee, but I never thank the coffee itself: I thank my wife for buying or brewing it for me. —G.K. Chesterton, *St. Francis of Assisi*, 74-77. Cited in Dale Ahlquist, G.K. Chesterton: The Apostle of Common Sense (San Francisco: Ignatius Publishers, 2003), 97.

Application—Choose Thanksgiving:

- What if you become a grateful person, rather than a grumbler?
- What if our church became known for how much thanksgiving we did and how happy we were?
- **Philippians 2:14-15** ¹⁴ Do all things without grumbling or disputing, ¹⁵ that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world...

Reflection Questions:

1. Would others say you're becoming a more grateful person or a more grumbling person?
2. What's a current difficult circumstance that you can choose to give thanks in?
3. How can you choose thanksgiving this Thanksgiving?

Here are six ways to cultivate gratitude on a regular basis. And we'll practice TODAY!

1. **Gratitude Chain**—We made this chain as a church one year ago. If you'd like to add to it during this time, please do so. We'll hang onto it and use it as a reminder about what God has done in our community.
2. **Thank-You Note**
 - a. This is how Bill Snyder has stayed so happy all these years!
 - b. You can make yourself happier and nurture your relationship with another person by writing a thank-you letter expressing your enjoyment and appreciation of that person's impact on your life. Send it, or better yet, deliver and read it in person if possible. Make a habit of sending at least one gratitude letter a month. Once in a while, write one to yourself.
 - c. **Gratitude Visit**—Immediate 10% increase in happiness!
3. **Three Good Things Exercise**—Write down three things you're thankful for today. The more specific, the better. Bask in that gratitude. Then take some time to share those three things with another person including why you're thankful for those three things.
 - a. Depressive symptoms declined by 28% after one week, and continued to lower as it continued.
 - b. **Count Your Blessings**—Pick a time every week to sit down and write about your blessings — reflecting on what went right or what you are grateful for. Sometimes it helps to pick a number — such as three to five things — that you will identify each week. As you write, be specific and think about the sensations you felt when something good happened to you.
 - c. Jeff Huffman (Associate Professor of Psychiatry at Harvard Medical School) performed a study of suicidal patients. He gave the patients nine different positive psychological exercises. Which were the most helpful exercises? The two best exercises were writing a "gratitude letter" and "counting [their] blessings." — <http://sonjalyubomirsky.com/files/2012/09/Huffman-et-al.-2014.pdf>
4. **Scripture Memory**—Write out Philippians 4:4-7 or 1 Thessalonians 5:16-18 on the notepad. Chew on the passage. Internalize it.

5. *Thanksgiving Week Reading Plan*—Psalm 100, 111, 118, 136, 138, 92, 107
6. *Meditation & Prayer*—Mindfulness meditation involves focusing on the present moment without judgment. Although people often focus on a word or phrase (such as "peace"), it is also possible to focus on what you're grateful for (the warmth of the sun, a pleasant sound, etc.).
7. *Bonus: Stones of Remembrance*—We'll sing Come Thou Fount soon and it takes about raising an Ebenezer or stone of remembrance.

I've already increased your happiness some this evening by having you give thanks for three things. You can thank me later!

Q&R&Testimonies

Come Thou Fount

Take the Lord's Supper together!

- Not only do we have existence but we've been offered abundant life in Christ through redemption!
- **Hebrews 12:2**—We can fix our eyes on Jesus, the founder and perfecter of our faith, who for the happiness that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.
- Gospel! Give thanks for Christ's sacrifice!
- **1 Corinthians 11:23-26** ²³ For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, ²⁴ and when he had given thanks, he broke it, and said, "This is my body, which is for you. Do this in remembrance of me." ²⁵ In the same way also he took the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." ²⁶ For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

PRAY

The Chopping Block:

⁵ Let your reasonableness be known to everyone. The Lord is at hand;

- Paul is writing from prison to a people who are suffering persecution and he says, “Be happy in the Lord! Let me repeat that, be happy!”
- Then he tells them how to get there.
- Let your reasonableness/graciousness/gentleness be known to everyone. The Lord is at hand. “Vengeance is mine,” says the Lord. You don’t have to right all wrongs. God will do that one day, don’t you worry.

Ten Lepers—Luke 17:11-19 ¹¹ On the way to Jerusalem he was passing along between Samaria and Galilee. ¹² And as he entered a village, he was met by ten lepers, who stood at a distance ¹³ and lifted up their voices, saying, “Jesus, Master, have mercy on us.” ¹⁴ When he saw them he said to them, “Go and show yourselves to the priests.” And as they went they were cleansed. ¹⁵ Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; ¹⁶ and he fell on his face at Jesus’ feet, giving him thanks. Now he was a Samaritan. ¹⁷ Then Jesus answered, “Were not ten cleansed? Where are the nine? ¹⁸ Was no one found to return and give praise to God except this foreigner?” ¹⁹ And he said to him, “Rise and go your way; your faith has made you well.”

TED Talk—The surprising science of happiness | Dan Gilbert

- Winning the lottery or becoming paraplegic
- Happiness one year later, equal happiness
- Lottery Winners and Accident Victims: Is Happiness Relative?—
https://pages.ucsd.edu/~nchristenfeld/Happiness_Readings_files/Class%203%20-%20Brickman%201978.pdf
- Natural and Synthetic Happiness At Work – Here’s Why You Need Both—
<https://positivesharing.com/2014/09/natural-and-synthetic-happiness-at-work/>

The Lost Virtue of Gratitude by James Rochford

- Martin Seligman, “Positive Psychology Progress.” *American Psychologist*, 60 (5), 2005, 410-421.
- <https://pdfs.semanticscholar.org/e83e/c1739d233acebe78d5df0b56b2c6f6f42691.pdf>
- Three good things in life. Participants were asked to write down three things that went well each day and their causes every night for one week. In addition, they were asked to provide a causal explanation for each good thing.
- The “three good things” exercise produced only a 2% increase in happiness in a week, a 5% increase after a month, but 9% at six months.
- Something you’re thankful for in your church, in our community, and in your family...and please be specific!
- G.K. Chesterton converted to Christianity at age 48, because he was thankful, but he didn’t know who to thank. He famously wrote, “The worst moment for an atheist is when he is really thankful and has no one to thank.” We can be thankful for material objects, but we surely can’t be thankful to material objects. When I wake up in the morning, I’m thankful to have a hot cup of coffee, but I never thank the coffee itself: I thank my wife for buying or brewing it for me. —G.K. Chesterton, *St. Francis of Assisi*, 74-77. Cited in Dale Ahlquist, *G.K. Chesterton: The Apostle of Commonsense* (San Francisco: Ignatius Publishers, 2003), 97.
- Legalistic religious systems pretend to thank God under the guise of religious expressions, but in reality, this is just a way of thanking oneself. Jesus told the story about a Pharisee who thanked God... for his own self-righteousness! (Lk. 18:11)
- Biblical gratitude is grounded in God’s love for us who are unrighteous, rather than in self-righteousness. The English word “gratitude” derives from the Latin root *gratia*, which means “grace, graciousness, or gratefulness.” [4] The term most often translated as “thanksgiving” in the Bible is the Greek word *eucharistos*, which comes from two Greek roots: *eu* meaning “good” and *charizomai* (or *charis*) meaning “grace.” It isn’t a

coincidence that the terms “grace” and “gratitude” come from the same Greek root word: According to the Bible, at the heart of gratitude is a response to the overwhelming grace of God.

David Steindl-Rast

The religions start from mysticism. There is no other way to start a religion. But, I compare this to a volcano that gushes forth ...and then ...the magma flows down the sides of the mountain and cools off. And when it reaches the bottom, it's just rocks. You'd never guess that there was fire in it. So after a couple of hundred years, or two thousand years or more, what was once alive is dead rock. Doctrine becomes doctrinaire. Morals become moralistic. Ritual becomes ritualistic. What do we do with it? We have to push through this crust and go to the fire that's within it.

Articles:

- The Science and Research on Gratitude and Happiness (Positive Psychology) — <https://positivepsychology.com/gratitude-happiness-research/>
- Giving thanks can make you happier (Harvard Health Publishing) — <https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

Give Thanks!

1 Chronicles 16:8

[*David's Song of Thanks*] Oh **give thanks** to the LORD; call upon his name; make known his deeds among the peoples!

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

1 Chronicles 16:34

Oh **give thanks** to the LORD, for he is good; for his steadfast love endures forever!

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

1 Chronicles 16:35

Say also: “Save us, O God of our salvation, and gather and deliver us from among the nations, that we may **give thanks** to your holy name and glory in your praise.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

1 Chronicles 16:41

With them were Heman and Jeduthun and the rest of those chosen and expressly named to **give thanks** to the LORD, for his steadfast love endures forever.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

2 Chronicles 20:21

And when he had taken counsel with the people, he appointed those who were to sing to the LORD and praise him in holy attire, as they went before the army, and say, “**Give thanks** to the LORD, for his steadfast love endures forever.”

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

2 Chronicles 31:2

And Hezekiah appointed the divisions of the priests and of the Levites, division by division, each according to his service, the priests and the Levites, for burnt offerings and peace offerings, to minister in the gates of the camp of the LORD and to **give thanks** and praise.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Nehemiah 12:24

And the chiefs of the Levites: Hashabiah, Sherebiah, and Jeshua the son of Kadmiel, with their brothers who stood opposite them, to praise and to **give thanks**, according to the commandment of David the man of God, watch by watch.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 7:17

I will **give** to the LORD the **thanks** due to his righteousness, and I will sing praise to the name of the LORD, the Most High.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 9:1

[*I Will Recount Your Wonderful Deeds*] [*To the choirmaster: according to Muth-labben. A Psalm of David.*] I will **give thanks** to the LORD with my whole heart; I will recount all of your wonderful deeds.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 28:7

The LORD is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I **give thanks** to him.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 30:4

Sing praises to the LORD, O you his saints, and **give thanks** to his holy name.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 30:12

that my glory may sing your praise and not be silent. O LORD my God, I will **give thanks** to you forever!

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 33:2

Give thanks to the LORD with the lyre; make melody to him with the harp of ten strings!

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 44:8

In God we have boasted continually, and we will **give thanks** to your name forever. Selah

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 54:6

With a freewill offering I will sacrifice to you; I will **give thanks** to your name, O LORD, for it is good.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 57:9

I will **give thanks** to you, O Lord, among the peoples; I will sing praises to you among the nations.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 75:1

[*God Will Judge with Equity*] [*To the choirmaster: according to Do Not Destroy. A Psalm of Asaph. A Song.*]

We **give thanks** to you, O God; we **give thanks**, for your name is near. We recount your wondrous deeds.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 79:13

But we your people, the sheep of your pasture, will **give thanks** to you forever; from generation to generation we will recount your praise.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 86:12

I **give thanks** to you, O Lord my God, with my whole heart, and I will glorify your name forever.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 92:1

[*How Great Are Your Works*] [*A Psalm. A Song for the Sabbath.*] It is good to **give thanks** to the LORD, to sing praises to your name, O Most High;

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 97:12

Rejoice in the LORD, O you righteous, and **give thanks** to his holy name!

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 100:4

Enter his gates with **thanksgiving**, and his courts with praise! **Give thanks** to him; bless his name!

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 105:1

[*Tell of All His Wondrous Works*] Oh **give thanks** to the LORD; call upon his name; make known his deeds among the peoples!

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 106:1

[*Give Thanks to the LORD, for He Is Good*] Praise the LORD! Oh **give thanks** to the LORD, for he is good, for his steadfast love endures forever!

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 106:47

Save us, O LORD our God, and gather us from among the nations, that we may **give thanks** to your holy name and glory in your praise.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 107:1

[*Book Five*] [*Let the Redeemed of the LORD Say So*] Oh **give thanks** to the LORD, for he is good, for his steadfast love endures forever!

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 108:3

I will **give thanks** to you, O LORD, among the peoples; I will sing praises to you among the nations.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 109:30

With my mouth I will **give great thanks** to the LORD; I will praise him in the midst of the throng.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 111:1

[*Great Are the LORD's Works*] Praise the LORD! I will **give thanks** to the LORD with my whole heart, in the company of the upright, in the congregation.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 118:1

[*His Steadfast Love Endures Forever*] Oh **give thanks** to the LORD, for he is good; for his steadfast love endures forever!

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 118:19

Open to me the gates of righteousness, that I may enter through them and **give thanks** to the LORD.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 118:28

You are my God, and I will **give thanks** to you; you are my God; I will extol you.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 118:29

Oh **give thanks** to the LORD, for he is good; for his steadfast love endures forever!

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 122:4

to which the tribes go up, the tribes of the LORD, as was decreed for Israel, to **give thanks** to the name of the LORD.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 136:1

[*His Steadfast Love Endures Forever*] **Give thanks** to the LORD, for he is good, for his steadfast love endures forever.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 136:2

Give thanks to the God of gods, for his steadfast love endures forever.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 136:3

Give thanks to the Lord of lords, for his steadfast love endures forever;

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 136:26

Give thanks to the God of heaven, for his steadfast love endures forever.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 138:1

[*Give Thanks to the LORD*] [*Of David.*] I **give you thanks**, O LORD, with my whole heart; before the gods I sing your praise;

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 138:2

I bow down toward your holy temple and **give thanks** to your name for your steadfast love and your faithfulness, for you have exalted above all things your name and your word.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 138:4

All the kings of the earth shall **give you thanks**, O LORD, for they have heard the words of your mouth,

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Psalm 140:13

Surely the righteous shall **give thanks** to your name; the upright shall dwell in your presence.

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Psalm 142:7

Bring me out of prison, that I may **give thanks** to your name! The righteous will surround me, for you will deal bountifully with me.

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Psalm 145:10

All your works shall **give thanks** to you, O LORD, and all your saints shall bless you!

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Isaiah 12:1

[*The LORD Is My Strength and My Song*] You will say in that day: "I will **give thanks** to you, O LORD, for though you were angry with me, your anger turned away, that you might comfort me.

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Isaiah 12:4

And you will say in that day: "**Give thanks** to the LORD, call upon his name, make known his deeds among the peoples, proclaim that his name is exalted.

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Jeremiah 33:11

the voice of mirth and the voice of gladness, the voice of the bridegroom and the voice of the bride, the voices of those who sing, as they bring thank offerings to the house of the LORD: "**Give thanks** to the LORD of hosts, for the LORD is good, for his steadfast love endures forever!" For I will restore the fortunes of the land as at first, says the LORD.

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Daniel 2:23

To you, O God of my fathers, I **give thanks** and praise, for you have **given** me wisdom and might, and have now made known to me what we asked of you, for you have made known to us the king's matter."

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Matthew 15:36

he took the seven loaves and the fish, and having **given thanks** he broke them and gave them to the disciples, and the disciples gave them to the crowds.

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Matthew 26:27

And he took a cup, and when he had **given thanks** he gave it to them, saying, "Drink of it, all of you,

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Mark 8:6

And he directed the crowd to sit down on the ground. And he took the seven loaves, and having **given thanks**, he broke them and gave them to his disciples to set before the people; and they set them before the crowd.

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Mark 14:23

And he took a cup, and when he had **given thanks** he gave it to them, and they all drank of it.

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Luke 2:38

And coming up at that very hour she began to **give thanks** to God and to speak of him to all who were waiting for the redemption of Jerusalem.

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Luke 22:17

And he took a cup, and when he had **given thanks** he said, "Take this, and divide it among yourselves.

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Luke 22:19

And he took bread, and when he had **given thanks**, he broke it and gave it to them, saying, "This is my body, which is **given** for you. Do this in remembrance of me."

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John 6:11

Jesus then took the loaves, and when he had **given thanks**, he distributed them to those who were seated. So also the fish, as much as they wanted.

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John 6:23

Other boats from Tiberias came near the place where they had eaten the bread after the Lord had **given thanks**.

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Romans 1:21

For although they knew God, they did not honor him as God or **give thanks** to him, but they became futile in their thinking, and their foolish hearts were darkened.

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Romans 14:6

The one who observes the day, observes it in honor of the Lord. The one who eats, eats in honor of the Lord, since he **gives thanks** to God, while the one who abstains, abstains in honor of the Lord and **gives thanks** to God.

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Romans 16:4

who risked their necks for my life, to whom not only I **give thanks** but all the churches of the Gentiles **give thanks** as well.

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1 Corinthians 1:4

[*Thanksgiving*] I **give thanks** to my God always for you because of the grace of God that was **given** you in Christ Jesus,

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1 Corinthians 10:30

If I partake with thankfulness, why am I denounced because of that for which I **give thanks**?

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1 Corinthians 11:24

and when he had **given thanks**, he broke it, and said, "This is my body, which is for you. Do this in remembrance of me."

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1 Corinthians 14:16

Otherwise, if you **give thanks** with your spirit, how can anyone in the position of an outsider say “Amen” to your **thanksgiving** when he does not know what you are saying?

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1 Corinthians 15:57

But **thanks** be to God, who **gives** us the victory through our Lord Jesus Christ.

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2 Corinthians 1:11

You also must help us by prayer, so that many will **give thanks** on our behalf for the blessing granted us through the prayers of many.

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Ephesians 1:16

I do not cease to **give thanks** for you, remembering you in my prayers,

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1 Thessalonians 1:2

[*The Thessalonians' Faith and Example*] We **give thanks** to God always for all of you, constantly mentioning you in our prayers,

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1 Thessalonians 5:18

give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

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2 Thessalonians 1:3

[*Thanksgiving*] We ought always to **give thanks** to God for you, brothers, as is right, because your faith is growing abundantly, and the love of every one of you for one another is increasing.

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2 Thessalonians 2:13

[*Stand Firm*] But we ought always to **give thanks** to God for you, brothers beloved by the Lord, because God chose you as the firstfruits to be saved, through sanctification by the Spirit and belief in the truth.

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Revelation 4:9

And whenever the living creatures **give** glory and honor and **thanks** to him who is seated on the throne, who lives forever and ever,

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Revelation 11:17

saying, “We **give thanks** to you, Lord God Almighty, who is and who was, for you have taken your great power and begun to reign.

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