

# Thanksgiving—A Study from the Bible



*“In everything give thanks, for this is the will of God ...”*  
(1 Thessalonians 5:18, KJV)

**“Gratitude is an attitude: a personal quality that molds us and shapes our lives—not just something we do or say.”**

What does this quote mean to you?

## What does the Bible teach about the importance of giving thanks?

Take turns reading the Bible verses. Match the Bible verses to the reason we give thanks.

\_\_\_\_\_ God desires genuine gratefulness.

\_\_\_\_\_ Thankfulness is God’s will for our lives.

- 1 Thessalonians 5:18(KJV): “In every thing give thanks: for this is the will of God in Christ Jesus concerning you.”
- Colossians 2:7 (CEV): “Plant your roots in Christ and let him be the foundation for your life. Be strong in your faith, just as you were taught. And be grateful.”

\_\_\_\_\_ Our attitude shows the condition of our hearts.

\_\_\_\_\_ Jesus, our example, demonstrated how we are to give thanks.

\_\_\_\_\_ Giving thanks honors God.

- Psalms 50:23 (CEV): “The sacrifice that honors me is a thankful heart.”
- Matthew 15:36 (CEV): “He [Jesus] took the seven loaves of bread and the fish and gave thanks. He then broke them and handed them to his disciples, who passed them around to the crowds.”
- Romans 1:21 (CEV): “They know about God, but they don’t honor him or even thank him. Their thoughts are useless, and their stupid minds are in the dark.”

\_\_\_\_\_ Prayer with thanksgiving yields peace in our lives and keeps us from worry.

\_\_\_\_\_ Praise and thanksgiving is good for us.

\_\_\_\_\_ Being a thankful person can be a sacrifice to God.

- Psalms 92:1 (AMP): “It is a good and delightful thing to give thanks to the Lord, to sing praises [with musical accompaniment] to Your name, O Most High.”
- Psalms 50:14 (CEV): “I am God Most High! The only sacrifice I want is for you to be thankful and to keep your word.”
- Philippians 4:6, 7 (The Message): “Don’t fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God’s wholeness, everything coming together for good, will

come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life."

**What are some ways we can show our thankfulness to God? Write your answers on the blanks provided.**

1. \_\_\_\_\_ Colossians 4:2 (CEV): "Never give up praying. And when you pray, keep alert and be thankful."
2. \_\_\_\_\_ Psalms 92:1-4 (The Message): "What a beautiful thing, GOD, to give thanks, to sing an anthem to you, the High God! To announce your love each daybreak, sing your faithful presence all through the night, accompanied by dulcimer and harp, the full-bodied music of strings. You made me so happy, GOD I saw your work and I shouted for joy. How magnificent your work, GOD!"
3. \_\_\_\_\_ Psalms 105:1, 2 (AMP): "O give thanks unto the Lord; call upon his name: make known his deeds among the people. Sing to Him, sing praises to Him; speak of all His wonderful acts and devoutly praise them."

**When are we to be thankful? 1 Thessalonians 5:18 (See page 1 near the picture)**

1. What are some situations when it is hard to be thankful?
2. What can help us to be thankful despite difficult circumstances?
3. What might cause us to forget to be thankful when our lives are going smoothly?
4. Philippians 4:4-7 (CEV): "Always be glad because of the Lord. I will say it again. Be glad. Always be gentle with others. The Lord will soon be here. Don't worry about anything. With thankful hearts offer up your prayers and requests to God. Then, because you belong to Christ Jesus, God will bless you with peace that no one can completely understand. And this peace will control the way you think and feel."
  - a. What four characteristics of the Christian life are mentioned?
  - b. How are we to deal with worry?
  - c. How might offering thanks along with prayer change your view of a difficult situation?