

The Power of Thankfulness – During Challenging Times

Key Scripture

“Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.”
1 Thessalonians 5:16–18 (NLT)

How Can We Be Thankful During Challenging Times?

Thankfulness doesn’t mean pretending everything is fine.

Thankfulness is a choice to focus on God’s goodness instead of our problems.

James 1:2–4 reminds us that when trouble comes, it’s an opportunity for joy and growth. Gratitude helps us trust God’s process, even when we don’t understand it.

Five Truths That Keep Us Thankful During Challenging Times

1. *We Can Give Thanks Because God Is in Control*

Even when life feels out of control—God isn’t. God can bring good from bad situations.

Psalms 103:19 reminds us that the Lord rules over everything. God doesn’t cause evil but can redeem it.

Matthew 10:29–31 assures us that if God cares for sparrows, He certainly cares for us. You can rest knowing that God loves you deeply and is in control.

2. *We Can Give Thanks Because God’s Promises Are Always True*

People may lie or disappoint, but God never does.

Numbers 23:19 says, ‘God is not a man, so He does not lie.’ His promises are anchors in uncertain times: ‘I will never leave you’ and ‘I will not give you more than you can handle.’

When you can’t trust circumstances, trust God’s Word.

3. *We Can Give Thanks Because Heaven Is Our Future Home*

Life is full of trouble—but this world isn’t our forever home.

2 Corinthians 4:17–18 reminds us that our present troubles are temporary, but heaven is eternal.

When we fix our eyes on eternity, gratitude fills our hearts because our hope is secure in Christ.

4. We Can Give Thanks Because Jesus Understands Our Troubles

God is not distant—He came near through Jesus. Jesus faced rejection, temptation, loss, and pain.

Hebrews 4:15–16 tells us that our High Priest understands our weaknesses and invites us to come boldly for grace. You're never alone—Jesus understands your pain and walks with you.

5. We Can Give Thanks Because There Are People Who Support Us

God created us for community.

Ecclesiastes 4:9–10 reminds us that two are better than one, and James 5:16 calls us to pray for one another.

The church is God's support system—a place of love, encouragement, and healing.

Recap

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From grumpy to gratitude to shift your attitude!

