

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18

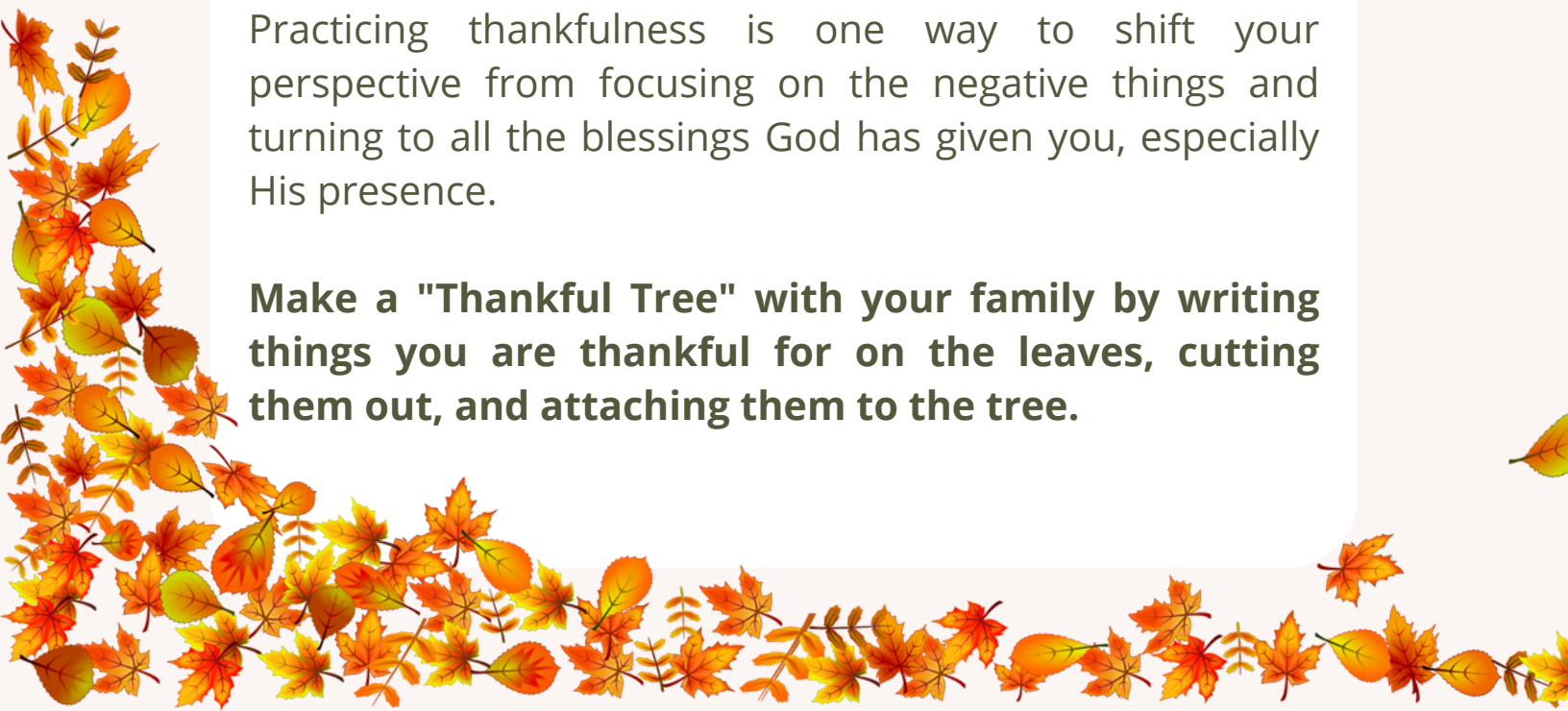
We don't usually have issues thanking God when things are going well. In fact, it comes naturally to rejoice when our circumstances are desirable. These verses in 1 Thessalonians remind us that our rejoicing, praying, and thanking God should not be dependent on what is going on around us.

We can do these things even when we are going through something difficult, even when life seems overwhelming. In fact, many times these practices serve to birth a spirit of gratitude, contentment, and appreciation for the presence of God in our daily lives.

Let's anchor ourselves in gratitude.

Practicing thankfulness is one way to shift your perspective from focusing on the negative things and turning to all the blessings God has given you, especially His presence.

Make a "Thankful Tree" with your family by writing things you are thankful for on the leaves, cutting them out, and attaching them to the tree.



THANKFUL TREE



