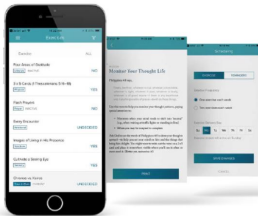


Gratitude in Everything

Monitor your temptations to have an ungrateful heart with this pair of reminders. Get in the habit of calling up these reminders in these situations—maybe even thinking of a creative way to help you remember them (such as setting the words to a tune).

WHEN TEMPTED TO...	REMEMBER...
BE PROUD/BOASTFUL	EVERYTHING IS GIFT AND GRACE. "For who regards you as superior? What do you have that you did not receive? And if you did receive it, why do you boast as if you had not received it?" (1 Corinthians 4:7)
COMPLAIN/GRUMBLE	IN EVERYTHING GIVE THANKS. "In everything give thanks; for this is God's will for you in Christ Jesus." (1 Thessalonians 5:18)

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The Hard Thanksgiving

Paul, in 1 Thessalonians 5:18, says we're to give thanks—not in some, not in most, but in *all* circumstances. The word he uses for thanksgiving is *eucharisteo* (where we get the word “Eucharist”—one term for the Lord’s Supper or Communion). Sometimes *eucharisteo* comes easily, like when we get good news or something exciting happens to us. But there’s also a “hard thanksgiving.” This is what we do in circumstances that, in our limited view, seem difficult or less than desirable. Think about your life right now. Do you need to offer God a hard thanksgiving for something? If so, do it now and several more times this week, asking him to help you see that circumstance as a temporary part of living on this earth. Ask God to use this situation to help you lean on him more, draw closer to him, and welcome his presence into more of your life.

Circumstance for which I will give a “hard thanksgiving”:

For further reflection on your circumstances in light of eternity, consider 2 Corinthians 4:16–18 and 1 Peter 5:10.

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