

## **The Power of Thanksgiving**

**Text: Colossians 3:1–17**

### **Introduction**

The spiritual exercise of thanksgiving is often seen as a duty to be performed, a commandment to be obeyed, a difficult obligation to be discharged. But the thankful Christian has a far deeper perspective. To the overcoming believer, thanksgiving is a powerful spiritual weapon in the arsenal of faith.

There is power in thanksgiving:

### **Message**

- 1. Power to cure the blues.** Often the cause of a melancholy mood is self-centeredness, a depressing preoccupation with one's own problems. Thanksgiving directs attention beyond human limitations, lightening the heart and refreshing the soul (Proverbs 17:22; Isaiah 61:3).
- 2. Power to bring us into the presence of God.** As a magnet attracts iron, so God's presence gravitates to the thankful spirit (Psalm 22:3; 100:4; James 4:8).
- 3. Power to bring victory out of adversity.** Scripture is replete with examples of those who turned an apparent defeat into a miraculous triumph through the power of praise (Jonah 2:1–10; 2 Chronicles 20:1–25).
- 4. Power to create opportunities to witness.** Those who face adversity with thanksgiving have the undivided attention of those who have not yet found the source of such strength (Acts 16:25–34; Daniel 6:18–23).

### **Conclusion**

Thanksgiving may be contrary to human nature, but it ought to be a primary trait of believers.

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