

## “Thank God!”—It’s Harder Than It Sounds

### Real Life Challenges (part 2)

Give thanks  
whatever happens.  
That is what God wants  
for you in Christ Jesus.

1 Thessalonians 5:18 NCV



### Why Is It So Important?

They knew God. But they didn’t honor him as God. **They didn’t thank him. Their thinking became worthless.** Their foolish hearts became dark. They claimed to be wise. But they made fools of themselves. Romans 1:21-22 NIV

I want to serve God with all my heart and mind, but am pulled by the influence of sin to **do something totally different.** Romans 7:25 MSG

### How I Can Experience Thankfulness

#### ❖ Give Thanks Despite My Attitude

**Three times a day** he got down on his knees and prayed, giving thanks to his God, just as he had done before. Daniel 6:10 NIV

Taking the five loaves and the two fish and looking up to heaven, **he gave thanks...** Matthew 14:19 NIV

#### ❖ Take Time to Ask “Why?”

“**Why are you so angry?**” the Lord asked him. “Why do you look so dejected?” Genesis 4:6 NLT

**Why** am I discouraged? **Why** so sad? I will put my hope in God! I will praise him again—my Savior and my God! Psalm 43:5 NLT

#### ❖ Vividly Recall My Past

I will praise the Lord. **I won’t forget anything** he does for me. Psalm 103:2 NIV

#### ❖ Wake Up and Look Around Me

Pray diligently. Stay alert, with your eyes **wide open in gratitude.** Colossians 4:2 MSG

So don’t be misled... **Whatever is good and perfect** comes to us from God above... James 1:16-17 NLT

Tell God what you need, and **thank him for all he has done.** If you do this, you will experience God’s peace... Philippians 4:6-7 NLT

Thank God!  
And why?  
Because he’s good,  
because his love lasts.

Psalm 106:1 MSG