



Renew Your Hope in the New Year!

Really, an Attitude of Gratitude?

*To You I shall offer a sacrifice of thanksgiving
and call upon the Name of the Lord. Psalm 116:17*



Sometimes the sacrifice of thanksgiving is just that, a sacrifice! Sacrifices are costly. King David said, "I will not offer a sacrifice that costs me nothing."

St. John of Avila said "one act of thanksgiving when things go wrong is worth one thousand thanks when things are agreeable."

In her book, *One Thousand Gifts*, Ann Voskamp describes how, as she cried "blood tears", cut, and struggled with depression she challenged herself to write down 1000 things for which she was thankful. It became her healing. I took this challenge and to this day my husband and I daily list things for which we are thankful.

Jesus, on His darkest night, the night of His betrayal, "took the cup and gave thanks." After singing a song He set His face toward the torture of the cross (Matthew 26:27-30). If He can do it, la-dies, we can too.

The act of offering thanks is a choice. In the wake of death, it is often a difficult choice – which makes it even that much more a costly sacrifice. In the book of Psalms there are more Psalms of lament than any other type of Psalm. Nearly every one of these begins with a lament or complaint, and ends with thanksgiving.



Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God, and the Peace of God will guard your heart and mind in Christ Jesus. Philippians 4:6

What can be the result of praying with thanksgiving? Are you able to look around you and identify things to thank God for?

One of my favorite stories in the Bible is found in II Chronicles chapter 20. A great army was coming at Jehoshaphat from every side. Do you feel that way? Read his crazy battle plan and its re-sults in II Chronicles 20:21,22.

Home work:

Write down 25 things that you are grateful for during this next week.

