Five Reasons THANKSGIVING Is Important

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"Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus." (1 Thess 5:16-18)

God wants what is good for you and wants you to have the best life experience possible. He knows how thankfulness will enhance your life and health so He encourages you to be thankful! **Having an attitude of gratitude increases our quality of life** as a believer in Jesus Christ! Here is why…

First, it changes our outlook from negative to positive. Some of the most thankful people I know are optimistic and have an upbeat view of life and people. Those that complain and gripe have a very negative attitude toward others and the future. They see the cup half empty while grateful people see the possibilities and are full of faith and hope.

Secondly, a grateful heart reduces Satan's power and influence in your life. When we are appreciative and thankful, even in difficult situations, the enemy cannot get a foothold in your thoughts and heart to torment, discourage, or mess with your mind or emotions as much. You are focused on the good, the blessings, and the fruit that will come even in challenging circumstances.

Thirdly, giving thanks to God and others brings more blessings to your life. Have you noticed that when you show appreciation to someone they want to return the favor? When we show gratitude to others they want to do the same.

Fourthly, thankfulness brings contentment to your heart. You are less likely to strive, covet and complain. You won't wish you were somewhere else and had something else. You know there is something good that will come out of this difficulty. For that you are grateful.

The scripture says, "Enter His gates with thanksgiving!" When you go to see your parents at Thanksgiving you will enter their door and immediately sense their presence. You are in their home. Thanksgiving is entering God's home – His presence. "…You make your home in the praises of Israel!" (Ps 22:3 The Voice)

May you and your loved ones have a blessed and Happy Thanksgiving.