
How to Live a Life of Thankfulness

1. Replace sinfulness with thankfulness

But fornication and all uncleanness or covetousness, let it not even be named among you, as is fitting for saints; ⁴neither filthiness, nor foolish talking, nor coarse jesting, which are not fitting, but rather giving of thanks. ⁵For this you know, that no fornicator, unclean person, nor covetous man, who is an idolater, has any inheritance in the kingdom of Christ and God. ⁶Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. ⁷Therefore do not be partakers with them. (Eph 5:3-7)

2. View thankfulness as a spiritual discipline

See then that you walk circumspectly, not as fools but as wise, ¹⁶redeeming the time, because the days are evil. ¹⁷Therefore do not be unwise, but understand what the will of the Lord *is*. ¹⁸And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, ¹⁹speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord, ²⁰giving thanks always for all things to God the Father in the name of our Lord Jesus Christ, ²¹submitting to one another in the fear of God. (Eph 5:15-21)

3. Replace worry with prayer and thanksgiving

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. (Phil 4:6-7)

4. View thankfulness as an indicator of spiritual maturity

As you therefore have received Christ Jesus the Lord, so walk in Him, rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving. (Col 2:6-7)

5. View thankfulness as a continuous, overriding habit

And *whatever* you do in word or deed, *do* all in the name of the Lord Jesus, giving thanks to God the Father through Him. (Col 3:17)

6. View thankfulness as a practice of warfare

Continue earnestly in prayer, being vigilant in it with thanksgiving (Col 4:2)

7. View thankfulness as a practice of obedience

Rejoice always, ¹⁷pray without ceasing, ¹⁸in everything give thanks; for this is the will of God in Christ Jesus for you. (1 Thes 5:16-18)

8. View thankfulness as a sacrifice that God desires

Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of *our* lips, giving thanks to His name. (Heb 13:15)