

# In All Things Give Thanks, There is No Need to Worry!

We need to have a thankful heart as we go through life. Things happen that can cause happiness, sadness, and mixed feelings, but victory comes when we do not allow what is happening around us to dictate our mood. We must see things through the eyes of Jesus and have a thankful heart, even when things are tough. I Thessalonians 5:18 says, *“In everything give thanks, for this is the will of Christ Jesus concerning you.”* Jesus knows all that we have and will ever experience in life, and He has a path for each of us to follow. If we seek and obey Him, He will give us what we need in all circumstances.

Do not let the cares of this life make you anxious with worry. We should not constantly think about concerns and wonder how they will be taken care of. In Philippians 4:6, the Apostle Paul tells the church in Philippi not to be anxious about anything, but pray and talk to the Lord about all things with a spirit of thanksgiving. The same is true for us today. Why worry when the Lord is in Heaven ready, willing, and well able to give us what we need? Worrying means that we are trying to figure out things for ourselves. We do not have the answers; Jesus does.

Worrying and not having a spirit of thankfulness shows that we are not allowing the Lord to lead and guide our daily life. These attitudes demonstrate self-reliance and show that we are greatly limiting ourselves to what we know. The Creator of Heaven and Earth, none other than Jesus Christ, knows all things and wants us to give all of our concerns to Him. I Peter 5:7 says, *“Cast all your anxiety on Him because He cares for you.”* Jesus really does care and He wants us to care enough to ask Him not just for help, but for guidance and direction too.

In all things give thanks and avoid worry by choosing Jesus today and every day. See what He can do in your life!

*God bless.*