

Psalms 107:1

Give thanks to the LORD, for he is good!

His faithful love endures forever.

Woman having Thanksgiving at her home for first time invited many guests so had a lot of preparing and cooking to do. Finally Thanksgiving Day had arrived and it was time to gather around table to eat. The woman asked her young daughter to pray. "Oh, mommy she said, I can't pray, I wouldn't know what to say." To which her mom said, "sure you can pray, just say what you have heard me say." And with that the little girl prayed, "Oh, Lord, why in the world did I invite all these people."

I really like Thanksgiving you don't have to buy anyone a gift. Thanksgiving is not about shopping. It is more about getting together with family and friends and doing what most people love to do, and are very good at doing... eat!

#### EXERCISE FOR OLDER ADULTS IN PREPARATION FOR THANKSGIVING

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato sack in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day, you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato sacks.

Then try 50-lb potato sacks and then eventually try to get to where you can lift a 100-lb potato sack in each hand and hold your arms straight for more than a full minute.

After you feel confident at that level, put a potato in each of the sacks.

We can enjoy the food. We can enjoy our family and friends. But the real purpose of Thanksgiving is to give thanks. It is a day focused on giving thanks.

Of course, that is sometimes easier said than done. It is easy when things are going reasonably well, but how about when times are hard, and things are not going so well?

I want you to notice what David says and doesn't say in this Psalm 107:1. He doesn't say, "Give thanks to the Lord when things are good." He says, give thanks to the Lord, for *He* is good!

Since His love endures forever, He is therefore good all the time, and since He is good all the time, we can always give thanks to the Lord. Paul said, in 1 Thessalonians 5:18

Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

Paul also discovered the secret of being able to do this:

Romans 8:28

And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

Paul wasn't saying, "All that comes lives is good." But those of us who trust in Jesus know He allows only what He can use for our good. God will take those disappointing things that come and turn them into a cause for praise. Paul was so confident of this truth that he couldn't stop saying, "Be joyful! Give thanks!" This truth gripped Paul: What Satan intends for evil, God is going to turn into good.

But someone might say, "Well, what if my heart is not in it? Should I still give thanks?" Yes, you should. Many times when we offer our worship to God, it is just that: an offering, a sacrifice. Hebrews 13:15 says, "Therefore, let us offer through Jesus a continual sacrifice of praise to God, proclaiming our allegiance to his name."

The Bible commands us to give thanks regardless of our circumstances. Now, if God ceases to be good, I suppose you can cease to give thanks. But since that will never happen, Scripture is commanding you and me to give thanks always.