

Thanksgiving: A Way of Life

- The Source of Every Good Thing
- The Natural Response to God's Spiritual Blessings
- Shapes the Heart and Character of a Christian
- Living a Life of Thanksgiving Every Day

Thanksgiving in Scripture, is far more than a holiday or a moment — it is a way of life, for the child of God.

The Bible teaches, that we should **Thank God**, not only for daily provisions, but for Who He is, what He has done, and what He continues to give us.

The Bible says,

- “It is a good thing, to **give Thanks** unto the LORD...” ([Psa.92:1](#))

Psalms 100 shows us that thanksgiving is rooted, in knowing who God is — our Maker, our Shepherd, our King.

- “**Know ye that the LORD, He is God: it is He that hath made us...**” ([Psa.100:3](#))

And in the New Testament, thanksgiving is commanded as a continual practice.

- “...in every thing **give Thanks**: for this is the will of God...” ([1Thess.5:18](#))

Today’s study, will focus on four major Biblical truths:

- God deserves our thanksgiving, because He is the Giver of every good thing.
- Thanksgiving is the natural response, to God’s spiritual blessings IN Christ.
- Thanksgiving, shapes the heart and character of a Christian.
- Thanksgiving, must become a daily lifestyle, in worship, speech, conduct, and attitude.

Let’s begin with the foundation:

God deserves our thanksgiving, because He is,

I. **The Source of Every Good Thing**

...Including,

A. **God as Creator and Sustainer**

Thanksgiving begins, with realizing that our life, our world, and our blessings, exist because God made them.

- “In the beginning, **God Created** the heaven and the earth.” ([Gen.1:1](#))

Explanation:

- “**Created**” means, brought into existence; only God can do this.
- Everything we see and everything we are, **begins** with Him.

Creation also declares God’s glory, daily.

- The Psalmist proclaimed, “**The heavens declare, the glory of God; and the firmament, sheweth His handywork.**” ([Psa.19:1](#))

Explanation:

- God’s creation, is a continual sermon, about God’s power and goodness.

God not only created all things — He sustains continually...

- “...**by Him, all things consist.**” ([Col.1:17](#); [Heb.1:3](#); [Job 12:10](#); [Acts 17:28](#))

Explanation:

- “**Consist**” means, held together; maintained.
- Our daily existence, is upheld by His power.

Every heartbeat, every breath, every sunrise, is a quiet reminder: “**God is good to you, and me.**”

Because God is the One who created us, and sustains us, every moment, our gratitude cannot remain silent or theoretical.

It must shape the way, we live from day to day, which leads us to consider,

B. Thanksgiving in Our Daily Conduct

True thanksgiving, is expressed in how we live, not only in what we say.

The Bible says,

- **“whatsoever ye Do, in word** (that’s teaching) **or deed** (that’s practice), **Do All in the name of** (that is, the authority of) **the Lord Jesus, giving Thanks...**” ([Col.3:17](#))

Reflection:

- Every action, becomes an opportunity to honor God gratefully.

A thankful heart refuses to live in complaining or selfishness.

- **“Do all things without murmurings and disputings... among whom ye shine as lights in the world.”** ([Phil.2:14-15](#))

Explanation:

- **“Murmurings”** means, complaining; ingratitude.
- A thankful Christian “shines as a light”, not ingratitude.

A thankful person is recognizable, not by words alone, but by a life filled with patience, purity, and humility.

Yet, if a thankful life pleases God, the opposite is also true.

Scripture warns us plainly about...

C. The Sin and Danger of Ingratitude

Scripture warns, that ingratitude, leads the heart, away from God.

The Bible says,

- **“when they knew God, they glorified Him not as God, Neither were thankful; but became vain in their imaginations, and their foolish heart was darkened.”** ([Rom.1:21](#))

Explanation:

- **“they”** means, the Gentile world
— humanity at large who rejected God, despite knowing Him through creation.
- Refusing to thank God, leads to spiritual blindness.

Jesus said,

- **“Were there not ten cleansed? but where are the nine?”** ([Lk.17:17](#))

Reflection:

- Only one leper returned to thank Jesus — showing how rare, true gratitude is.

Ingratitude is not a small flaw — it is a doorway to unbelief.

God deserves our thanksgiving, because He created us, sustains us, and warns us, against the dangers of ingratitude.

All good things, come from Him.

Having seen God's physical blessings, we now move to something even greater: Thanksgiving Is,

II. The Natural Response to God's Spiritual Blessings

These are the deepest and richest reasons, for thanksgiving.

A. Redeemed and Forgiven IN Christ

The Bible says,

- "In Whom, we have redemption through His blood, the forgiveness of sins..." ([Eph.1:7](#))

Explanation:

- "Redemption" means, bought back from bondage.
- Christ paid our debt; therefore, gratitude should flow daily.

If we are redeemed, our life belongs to God.

- "For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." ([1Cor.6:20](#))

Reflection:

- We thank God, by the way we use our body, mind, and life.

If someone paid off all our debts, we would never forget.

Christ paid the greatest debt — sin — and we owe Him our **continual Thanks**.

Redemption is our greatest blessing, but God did not stop there. We should be...

B. Thankful for God's Word and God's People

God blesses us with His perfect Word and with a spiritual family to walk with.

The Bible says,

- "All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: ¹⁷ that the man of God may be perfect (that is complete), thoroughly furnished unto all good works." ([2Tim.3:16-17](#))

Reflection:

- God's Word guides, corrects, and equips us for every good work.

God also gives us the church — a family of believers.

- Who "...continued daily, with **one accord**... **praising God**... and the Lord added to the church daily..." ([Acts 2:46-47](#))

Reflection:

- We thank God for brethren, who help carry our burdens, and strengthen our faith.

Our greatest reasons for thanksgiving are spiritual

— redemption, forgiveness, God's Word, and the fellowship of the church.

We have seen what God has done for us in both physical and spiritual blessings. Now we pause to see what thanksgiving does in us—how it...

III. Shapes the Heart and Character, of a Christian

First, thanksgiving changes how we see ourselves.

A. Thanksgiving Teaches Humility

When we truly understand, that every good thing comes from God, there is no room for boasting. A thankful person remembers, that all blessings are received, not earned.

- “God **resisteth** the proud, but giveth grace unto the **humble**.” ([Jas.4:6](#))

Explanation:

- “**Resisteth**” means, God stands against the proud.
- “**Humble**” means, lowly in heart, willing to submit to God.

The Bible says,

- “Every good gift is from above.” ([Jas.1:17](#))
- “A man can receive nothing, unless it is given him from heaven.” ([Jn.3:27](#))

Paul reminds the Corinthians that everything they have, is something they received.

- He said, “For Who makes you differ from another? And what do you have, that you did not receive? Now if you did indeed **receive** it, why do you boast, as if you had not received it?” ([1Cor.4:7](#) NKJV)

Explanation:

- The phrase: “Who makes you, differ from another?” means, Anything that sets us apart—talent, opportunity, understanding, spiritual growth—comes from God, not from personal greatness.
- The phrase: “What do you have, that you did not receive?” means, Every good ability, blessing, and advantage is a gift. We are stewards, not originators.
- The phrase: “Why do you boast, as if you had not received it?” means, Pride acts as though blessings began with us. Gratitude, recognizes they came from God and therefore leads to humility.

Pride says, “Look what I have done.”

Thanksgiving says, “Look what God has done.”

- Paul said “by the grace of God, I am what I am:” ([1Cor.15:10](#))

Gratitude pulls us down from self-exaltation and brings us to humble obedience.

Thanksgiving shapes how we view our possessions and circumstances.

B. Thanksgiving Cultivates Contentment

Paul reminds Timothy, that real gain is not in riches, but in a heart that is satisfied with God’s care.

- He said, “godliness with **contentment** is great gain. For we brought nothing into this world, and it is certain we can carry nothing out. And having food and raiment, let us be therewith content.” ([1Tim.6:6–8](#))

Explanation:

- “**Contentment**” means, a quiet satisfaction, with what God has provided.
- Thanksgiving trains us to see basic blessings—food, clothing, life itself—as reasons to be grateful, rather than restless.

The Hebrew writer adds, that contentment is rooted in God's promise, to be with us.

- "Let your **conversation**, be **without covetousness**; and be **content** with such things as ye have: for He hath said, I will never leave thee, nor forsake thee." ([Heb.13:5](#))

Explanation:

- "Conversation" means, manner of life, behavior or conduct.
- "Without covetousness" means, not driven by greed or constant wanting.
- We can be content, because God Himself is with us.

The more we thank God, for what we already have,
the less room there is in our hearts, for envy, jealousy, and greed.

Thanksgiving affects our holiness.

C. Thanksgiving Guards the Heart Against Sin

When Paul describes the sins, that Christians must avoid,
he also includes what should replace them—**thanksgiving**.

- He said, "But fornication, and all uncleanness, or covetousness, let it not be once named among you, as becometh saints; Neither filthiness, nor foolish talking, nor jesting, which are not convenient: **but rather giving of Thanks.**" ([Eph.5:3-4](#))

Explanation:

- The phrase: "But rather giving of Thanks" means,
instead of filthy or foolish words, our mouths should be filled with thanksgiving.
- Filling the heart with gratitude, leaves less room for sinful thoughts and speech.

When God's peace and thankfulness rule our hearts, our choices will follow.

- The Bible says, "let the peace of God **rule** in your hearts... and be ye **Thankful.**" ([Col.3:15](#))

Explanation:

- "Rule" means, act as an umpire, deciding what is right.
- When the peace of God, and thankfulness rule our hearts,
they guide our decisions, away from sin and toward righteousness.

A heart, that is always remembering God's goodness, will be slower to chase the pleasures of sin.
Thanksgiving does not only praise God—it also protects the Christian.

Thanksgiving is not only what we say; it is what we become.

- It teaches us humility, as we remember, every good thing is from God.
- It builds contentment, as we rest in God's care, instead of constantly wanting more.
- It helps guard us from sin, as gratitude fills our hearts and shapes our choices.
- A thankful Christian, is a different kind of person—humble, content, and devoted to holiness before God.

We have seen what God has done for us. Now we consider

IV. Living A Life of Thanksgiving Every Day

...Including:

A. A Thankful Heart in Every Circumstance

Thanksgiving is not limited to good times; Christians give thanks, in all circumstances.

- The Bible says, “**Rejoice evermore... In every thing give Thanks...**” (read [1Thess.5:16–18](#))

Reflection:

- We may not Be Thankful **FOR every situation**, but we must Remain thankful **IN every situation**.

Prayer with thanksgiving, brings peace, even in stress.

- “**Be careful for nothing; but in every thing by prayer and supplication with Thanksgiving, let your requests be made known unto God.** ⁷ **And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.**” ([Phil.4:6–7](#))

Reflection:

- Thanksgiving, strengthens trust and removes fear.

A thankful heart, does not deny pain — it remembers God’s goodness, in the midst of it.

Thanksgiving in the heart, will always overflow, into thanksgiving in our actions.

It must appear, not only in hard times, but also...

B. Thanksgiving in Worship, Words, and Conduct

Thanksgiving must show up in our prayers, our singing, and our daily decisions.

- “**By Him therefore, let us offer the sacrifice of praise, to God continually, that is, the fruit of our lips giving Thanks to His Name.**” ([Heb.13:15](#))

Reflection:

- Thanksgiving, is a continual offering to God.

The Bible says,

- “**Whatsoever ye do... do all in the name of the Lord Jesus, giving Thanks...**” ([Col.3:17](#))

Reflection:

- Every part of life, becomes an opportunity, to show gratitude.

People should be able to see, by our worship, our speech, and our actions, that we are grateful to God.

Thanksgiving is not a moment — it is a manner of life.

In trials, in worship, in service, and in every decision, **Christians live Gratefully.**

V. Final Thoughts

Remember this simple summary, about Thanksgiving:

Who God is → **What** God has done → **How** we respond with **Thankful lives**.

A life of True thanksgiving, begins with obedience to the gospel.

- Saul of Taurus was instructed, "...arise, and be baptized, and wash away thy sins..." ([Acts 22:16](#))

For the Christian who has wandered and strayed from God:

- "Repent therefore of this thy wickedness, and pray God, if perhaps the thought of thine heart may be forgiven thee." ([Acts 8:22](#))

If you need to obey Christ or return to Him, He lovingly calls you today.

So, come without delay,
While we stand, and while we sing.