

- I. Study the principle of giving thanks in every circumstance:
- A. Appreciation, defined (Dictionary.com):
- Assessment of true worth or value; clear perception or recognition of something's quality; an expression of favorable estimation
 - Practically, appreciation is seeking to understand and accept something for what it really is. We must partner with God to do this.
- B. Our Part: We are commanded to wholeheartedly give thanks in and for all things:
- 1 Thes 5:18—In everything give thanks; for this is the will of God in Christ Jesus for you
 - Eph 5:20-- Giving thanks always for all things to God the Father in the name of our Lord Jesus Christ
 - Ps 86:12 TM—From the bottom of my heart I thank You, dear Lord
- C. God's Part: God is committed to honor our sacrifice when we make the choice to cultivate a heart of thanksgiving toward Him:
- 2 Sam 22:26 NLT-- To the faithful you show yourself faithful; to those with integrity you show integrity.
 - Ps 50:23 AMP—He who brings an offering of praise and thanksgiving honors and glorifies Me; and he who orders his way aright (who prepares the way that I may show him), to him I will demonstrate the salvation of God.
- II. Apply this principle, journaling about an event or situation that you are facing:
- A. Assess a set of circumstances about which you are reluctant to thank God. Ask yourself the following questions to find out why:
- What do you think is going to happen if you give this situation to God?
 - Think about relinquishing control of this issue to Him. What feelings arise within you? (Ex: fear, confusion, out of control, vulnerable, sense of impending loss, etc.)
 - Do you realize that maintaining control limits the flow of God's love and power?
 - What do you bring to the situation that God hasn't already promised to provide? How does your current contribution impact the situation either positively or negatively?
 - Is it possible that the wisest and most loving thing you can do about your circumstances is surrender to the Lord of All?
- B. Acknowledge that God is eternally worthy of your appreciation no matter what earthly circumstances you are experiencing today: Rev 4:11 NIV—You are worthy, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they were created and have their being
- C. Allow these truths about God's character to impact what you expect from Him and His plans for your life:
- Ps 56:9 NLT—God is on my side.
 - Is 46:10 NLT—Only I can tell you what is going to happen even before it happens. Everything I plan will come to pass
 - Is 55:8-9 TM--For as the sky soars high above earth, so the way I work surpasses the way you work, and the way I think is beyond the way you think.
 - Rom 8:32 NIV—He who did not spare his own Son, but gave him up for us all - how will he not also, along with him, graciously give us all things?
 - Rom 12:1-2 NIV—In view of God's mercy...offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will.
- D. Persevere in this process until you can truly come to the place of surrender, giving God thanks for your situation with integrity of heart.