

*A Thought  
for the Day*

## *With Praise and Thanksgiving*

### *The Bible says:*

THE LORD IS MY STRENGTH AND SHIELD. I TRUST HIM WITH ALL MY HEART. HE HELPS ME, AND MY HEART IS FILLED WITH JOY. I BURST OUT IN SONGS OF THANKSGIVING (PSALM 28:7 NLT).

### *Think on this:*

THANKSGIVING IS THE EXPRESSION OF YOUR GRATITUDE TO GOD. LEARNING TO MAKE THANKSGIVING A PART OF YOUR COMMUNICATION WITH HIM IS ONE WAY TO STRENGTHEN YOUR CONNECTION WITH GOD.

IT CAN BE EASY FOR YOUR COMMUNICATION WITH GOD TO BE FOCUSED ON YOUR REQUESTS—THE THINGS YOU NEED HELP WITH, UNDERSTANDING OF DISAPPOINTMENTS YOU HAVE ENCOUNTERED, OR EVEN SIMPLY COMMUNICATING WITH HIM ABOUT YOUR DAY. LEARNING TO SHOW GOD YOUR APPRECIATION THROUGH PRAISE AND THANKSGIVING NOT ONLY DRAWS YOU CLOSER TO HIM, BUT IT ALSO TURNS YOUR FOCUS TO THE MANY BLESSINGS THAT FILL YOUR LIFE AND REMINDS YOU THAT GOD IS ALWAYS THERE FOR YOU. HE HELPS YOU, AND YOU CAN TRUST HIM NO MATTER WHAT!

TAKE SOME TIME TO PONDER WHAT GOD DOES FOR YOU—MANIFESTED THROUGH HIS LOVE AND CARE, HIS BLESSINGS IN YOUR LIFE, HIS COURAGE THAT BOLSTERS YOU IN TIMES OF DIFFICULTY, THE WISDOM HE OFFERS YOU, AND HIS COMFORT THAT ENVELOPS YOU. IN LOOKING FOR THE MANY TOUCHES OF GOD'S POWER IN YOUR LIFE, YOU WILL FIND MANY REASONS TO PRAISE HIM.

