

## Thank You Notes

We all have stories about the humorous things we said or did as children, memories passed down to us by parents and siblings of our natural fumbblings, which are part of the process of growing up. One story that my parents like to remember is from the time of my life when I was just learning how to speak. This was a crucial time in my verbal development as I was learning the names of colors, foods, animals, etc. It was also a time when my parents were seeking to teach me proper etiquette and behaviour. One day, a waitress at a restaurant brought me a packet of crackers. When my parents reminded me, “Holly, what do you say?” my newly firing neurons crossed and I answered “tweet tweet!” Of course they were hoping my response would be “thank you.”

My parents were training me to be thankful – to recognize the gifts, care, and thoughtfulness of others. Throughout scripture and throughout our lives, our Heavenly Parent, too, teaches us to be thankful.

Being thankful is a foundational aspect of being a Christian. We are called to be thankful throughout scripture. In thankfulness, we are reminded of our complete dependence on God. We recognize that He is the Giver of all good gifts, which He provides out of love for us. The Israelites were taught to be thankful as they witnessed God’s deliverance and care for them. Thank offerings are offered throughout the Old Testament. The Psalms turn our minds again and again to thankfulness and rejoicing in God’s good care. Paul encourages us to have thankful hearts throughout his letters: “Be thankful. Let the message about the Messiah dwell richly among you, teaching and admonishing one another in all wisdom, and singing psalms, hymns, and spiritual songs, with gratitude in your hearts to God. And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through Him” (Colossians 3:15b-17).

In addition, scripture points us toward thanksgiving to take the place of sin in our lives. Rather than being filled with worry and fear, we should “with thanksgiving, let our requests be known to God”(Phil. 4:6). We should choose to let our words be flavoured with thanksgiving rather than succumbing to “obscenity, foolish talking or course joking”(Eph. 5:4). We’re called to “stay alert in prayer with thanksgiving” (Col. 4:2).

Being thankful changes our hearts and our perspective. When we recognize the many blessings God has given us, especially in His eternal love and faithfulness through Christ, we can face each day in joy. On good days and on bad days, remembering to be thankful draws us close to God by honouring Him as the Creator, Sustainer, and Provider. --Holly Talon

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## **DAY 1**

Psalm 100:1-5

“Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who made us and we are his; we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues throughout all generations.”

*Lord, I thank you today for making me! You have created me with tender care in my mother's womb. Thank you for my physical abilities that you have provided and sustained in me. Thank you for my senses that allow me to experience so much in this life. Thank you for the unique gifts, talents, and passions that you have poured into me as your child. What a joy it is to know that I am yours for eternity. Thank you!*

## **DAY 2**

Psalm 107:1-9

“Give thanks to the Lord, for he is good; his love endures forever. Let the redeemed of the Lord say this – those he redeemed from the hand of the foe, those he gathered from the lands, from east and west, from north and south. Some wandered in desert wastelands, finding no way to a city where they could settle. They were hungry and thirsty, and their lives ebbed away. Then they cried out to the Lord in their trouble and he delivered them from their distress. He led them by a straight way to a city where they could settle. Let them give thanks to the Lord for his unfailing love and his wonderful deeds for men, for he satisfies the thirsty and fills the hungry with good things.”

*Holy God, Thank you for your goodness and enduring love. Thank you for your deliverance in my life. You have carried me through difficult times. You have been faithful to me in my sorrow, doubt, and fear. You have satisfied my hunger and thirst with your goodness. I pray that I will remember to be thankful in all times of my life, trusting in your unfailing love and wonderful deeds.*

## **DAY 3**

John 6:10-11

“Jesus said, ‘Have the people sit down.’ There was plenty of grass in that place, and the men sat down, about five thousand of them. Jesus took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish.”

*Dear Father, Thank you for providing for all of my needs. You have sustained me with food, water, and shelter. Thank you for the health that I have experienced that allows me to have life and breath today. I recognize that there are many in this world hurting for basic necessities, and I pray that you will use us to meet their needs as well. Help me today to be thankful for all of the simple ways you provide for me and sustain me by meeting my physical needs.*

#### **DAY 4**

Romans 6:17-18

“But thanks be to God that, though you used to be slaves to sin, who wholeheartedly obeyed the form of teaching to which you were entrusted. You have been set free from sin and have become slaves to righteousness.”

*Thank you, Lord, for the teaching that you have given me through ministers, friends, mentors, family members, and professors. Thank you for teaching me about faith in Christ through community. What a gift it is to be entrusted with the gospel truth. Thank you for entrusting me. May I live today with a thankful heart and an awareness of all of the Christians who have had an important impact on my walk of faith.*

#### **DAY 5**

1 Corinthians 15:54-56

“When the perishable has been clothed with the imperishable, and the mortal with immortality, then the saying that is written will come true: ‘Death has been swallowed up in victory.’ ‘Where, O death, is your victory? Where, O death, is your sting?’ The sting of death is sin, and the power of sin is law. But thanks be to God! He gives us victory through our Lord Jesus Christ.”

*God, Thank you for my hope of eternal life in you. I have nothing to fear in death because death has been swallowed up in victory. Thank you for the indescribable gift of being saved through the obedience of my Lord Jesus Christ. There is no greater gift that what you have done for us in him. May I live today and each day with a thankful and hopeful heart because of this incredible gift.*