

# A THANKFUL HEART

By Pastor Greg Hooker

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

This morning I accompanied my Golden Retriever, Copper, on his morning potty ritual, retrieved my daily copy of the Mountain Press that had been tossed on the porch, and took notice that Copper was full of tail-wagging-energy. It was as though he didn't have a care or concern in the world and he didn't! He was simply enjoying a bright, sunny morning.

I went back inside, switched on the computer (sadly, my morning ritual) and opened facebook to see what my friends in cyber world were up to. As I scrolled through the various postings, I couldn't help but notice that many were heartbroken and experiencing disappointing circumstances beyond their control.

So I asked the Lord, what scripture can I share to help them rise above their apparent pain and suffering? I then remembered Philippians 4:6, 7, *“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus”*. Notice more closely what this verse says:

***“Be careful for nothing...”*** In other words, don't be anxious – don't worry. Speaking from experience, worry accomplishes absolutely nothing positive. Negatively, however, worry serves to deteriorate one's health – physically, mentally and spiritually.

***“...but in everything by prayer and supplication...”*** Rather than impacting your health with anxiety, discharge your problems via the means of prayer before the One who can do something about them – God. He knows the situation and concerns you have and is able to turn your sorrow into joy, your pain into gain, and your discomfort into ease. If we present our problems before the Problem Solver rather than exuding worry over them, our lives would be totally changed!

***“...with thanksgiving let your requests be made know unto God...”*** Regardless of what we may be experiencing, exercising a heart of thanksgiving is a sure-fire remedy for the blues! No matter how bad things appear to be, we can ALWAYS find something to be appreciative for.

For examples: thank God for your family and friends; for the opportunity to live another day; for living in a free country apart from tyranny; for the simply things like song birds singing outside your window; for butterflies fluttering from flower to flower.

Still can't think of something to be grateful for?...how about thanking God for His gift of salvation through Jesus Christ; for the Holy Spirit residing in your heart; for the promise of heaven and the avoidance of the alternative! Right this second, cast away the members of the infamous 'pity part' and determine from this moment on, I WILL BE APPRECIATIVE FOR THE GOOD THINGS IN LIFE AND ADOPT THE MOTTO, LIFE IS GOOD... WITH GOD! Determine not to let circumstances dictate your outlook on life. There are many things we can be thankful for.

**Now notice the result of exercising the above, *"And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus"***

God guarantees a peace that goes beyond our understanding. A wonderful, abiding peace that defies explanation; a peace full of joy and contentment; a peace that dispels fears and energizes the soul; a peace that will wrap its arms around your spirit and deliver soothing comfort as a mother hen gather's her chicks under her protective wings.

If we will take this passage of Scripture to heart, our minds will be energized, renewed and reclaimed through Christ Jesus! Wow! What are we waiting for? Put off worry and put on God. Let Him clothe you in a robe of peace and contentment, even in the midst of whatever life oozes out of its dreadful coffers.

Dear Heavenly Father, assist us to lay aside the cares and anxiety of the world and put on the robe of peace made possible through your Son. Calm the troubled hearts of those experiencing the pitfalls and entrapments of life's circumstances. Help us to let go and let God.

In Jesus name, your son, Pastor Greg – Amen.