

Prayer with Thanksgiving

by Wayne Goff

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be known to God" — **Philippians 4:6.**

We can never be grateful enough for the multitude of blessings which come from the hand of God. Every good and perfect gift comes from God, and we should ever feel humbled and thankful to a loving, generous God!

Thanksgiving carries the idea in the New Testament of *showing gratitude* because of what has been done for us by God. The etymology of the word suggests the *literal* meaning of the word is "to do a good turn to one." Thus, the idea is that of repaying a favor, and then showing **gratitude**.

In the four gospels, thanks is given before the eating of meals, Matthew 15:36; 26:27; Mark 8:6; 14:23; Luke 22:17, 19. We see Jesus' example in these words: *"And He took the seven loaves and the fish and gave thanks, broke them and gave them to His disciples; and the disciples gave to the multitude."* It is a simple, humble, almost unnoticed act, but one that we should all practice at every meal.

Jesus gives thanks to the Father because He has revealed to "*babes*" that which has been hidden from the "*wise*" of this world! Luke 10:21. Some have proven themselves unworthy of everlasting life.

Jesus thanked the Father for hearing His prayer, John 11:41. Of course, we all recount the example of Jesus giving thanks for the bread and the fruit of the vine in the Lord's memorial supper, Matthew 26:26; Mark 14:22ff; 1 Corinthians 11:24-26.

It is sad that so many of us feel *uncomfortable* recounting the things for which we should give thanks. Every year at our annual Thanksgiving feast, we go around the table and express that for which we are *most thankful* during the past year. That simple act has exposed many past memories, emotions, and feelings — some of which need to be resolved because for them we are actually *unthankful*. Having done that, we should *literally* recount the many blessings from God. Try it!

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