



Pastor's Comments

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Northampton Assembly of God

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Why Giving Thanks Is Good

This past Sunday evening I preached on, "***It is a good thing to give thanks unto the LORD***" (Psalm 92:1), and I asked, "**What is it that makes giving thanks a good thing?**"

Gratefulness "is a good thing" for us! Psychologists tell us that **gratitude is the healthiest of all human emotions.** Hans Selye, the father of stress studies, said that **gratitude produces more positive emotional energy than any other attitude in life.** Thankfulness will increase your personal happiness.

A thankful heart "is a good thing" because it endears others to us and us to others. Thanksgiving is **good for both the giver and the receiver!** For instance, as the receiver of our thanksgiving, God takes pleasure in it. It rightfully **glorifies and honors Him as the Maker and Giver** of all. Revelation 4:11 states, "***Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created.***" Our **gratitude pleases Him.** "***I...will magnify him with thanksgiving...This also shall please the LORD***" (Psalm 69:30-31). It is what He appreciated from His people who in 2 Chronicles 5:13-14 were "***thanking the LORD,***" when the temple "***was filled with a cloud...for the glory of the LORD had filled the house of God.***" Hearing thanksgiving emanating from His people, He drew near. **Thanksgiving endears us to God and attracts His presence.**

Giving thanks to God "is a good thing" because it endears God to us and draws us closer to Him. If we are not grateful to God, our ingratitude will have the opposite effect as we read in Romans 1:21, "***Because that, when they knew God, they glorified him not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened.***" People who are ungrateful to God will soon fall away from Him!

Note: Part 2 next week will list more reasons why giving thanks is a good thing. Hear this complete message at: www.naog.ws/sermons.htm