

Attitudes of Gratitude!

Mark N. Posey

In 1 Thessalonians 5:16-18 we find principles of the inner life! We pray prayers, offer words and think thoughts of thanksgiving! We are truly blessed and thankful for this Scripture! Thank God for the "Attitudes of Gratitude!"

Attitude #1

"Rejoice always" (v. 16) means to be glad, joyful or delighted. It is to be continually in a state of happiness and well-being (cf., Matthew 5:11; Luke 6:22; Acts 5:41; Philippians 4:4). **The action of rejoicing reveals one's attitude of submission of his or her mind to Christ** (cf., Philippians 1:21; 2:5; 3:13-14; 4:7).

Attitude #2

"Pray without ceasing" (v. 17). Out of approximately 667 recorded prayers in the Bible, there are about 454 recorded answers. This should encourage and motivate us to pray without ceasing! **The action of prayer reveals one's attitude of submission of his or her heart to God** (cf., Romans 9:1-3; 10:1; 15:30-32).

Attitude #3

"In everything give thanks" (v. 18). This is a God-aligned attitude of gratitude! The prime Old Testament illustration of this response even in the face of overwhelming troubles is Job who said, "Naked I came from my mother's womb, and naked I shall return there. The Lord gave and the Lord has taken away. Blessed be the name of the Lord" (Job 1:21). (If you think you're experiencing trials and afflictions read Job 1:13-20.) **The action of thanksgiving reveals one's attitude of submission of his or her will to God** (cf., Luke 17:6; 2 Corinthians 9:15).

Someone once said, "Attitude is everything!" Regarding one's inner life, that is very true!

- Gospel Gazette Online -

GROWING THROUGH THANKFULNESS

Thankfulness, studies show, has multiple physical, mental and emotional benefits. Psychologist Robert Emmons calls gratitude "fertilizer for the mind" because of its powerful effects.

He admits gratitude isn't always easy — especially when life throws us curveballs (see the year 2020) — but says it can be most helpful during and after difficulties. Emmons suggests reframing challenges using thankfulness-based language. Ask, for example: Though I wasn't grateful for the experience at the time, how can I be now? What lessons did I learn, and how did I grow as a person?

Throughout his letters, the apostle Paul reframes his extensive sufferings and urges us to do the same. "Give thanks in all circumstances," he writes, "for this is God's will for you in Christ Jesus" (1 Thessalonians 5:18, NIV).

The Encourager,
Southside Church of Christ, Killeen, TX



God is the fountain whence Ten thousand blessings flow. - Benjamin Beddome

News & Notes

SCHEDULE OF SERVICES: ALL services are now at the church building. **Sunday Worship, 10:30 a.m. & 5:30 p.m.; Wednesday, 7:00 p.m.** The Covid-19 restrictions (masks & distancing) still apply.

WV CHRISTIAN RENEWALS: Due this month. Group rate is \$8 per year. Sign-up sheet on the desk in the foyer. Give your money to one of the Elders or to Rico.

PANTRY: Oatmeal.

REMEMBER IN PRAYER: **John McClung** (son of Keith & Elaine), 3493 Warren Meadville Road, Cortland, OH 44410. **Rick Beck** (minister at Weston, WV).

SICK & SHUT-IN: Jim Hadley, Jenny Rhodes, Ernie Robinson, Cam Adamson, Marlene Evans, Shirley Beagle, Russell Martin, Doris Dunham, Alex Harless. **WEIRTON MEDICAL:** Charlie Delong. **FOX:** Tom Postlethwait. **CROSSROADS:** Sarah Miller. **VALLEY OAKS CARE CENTER:** Fred Larrimore, (Room 210). **IN TENNESSEE:** Steve Higginbotham (address on bulletin board). **IN FLORIDA:** Ilene Rayl.

A Tall Order

Are you ready for a challenge? How about this one? "Therefore be imitators of God as beloved children" (Eph. 5:1). That's a tall order, is it not? Clement of Alexandria daringly said that the true Christian wise man practices being God.

But if we are to be imitators of God, we must know something about Him.

God is LOVE. "He who does not love does not know God, for God is love" (1 John 4:8). We must learn to love as God loved us. Among other things, it means "to let all bitterness and wrath and anger and clamor and slander be put away from you, with all malice, and be kind to one another, tenderhearted forgiving one another, as God in Christ forgave you" (Eph. 4:31-32). Am I kind? Am I tenderhearted? Do I forgive others? Am I imitating God in His love?

God is LIGHT. (1 John 1:5) "This is the message we have heard from him and proclaim to you, that God is light and in him is no darkness at all." We, at one time were darkness, but now you are light in the Lord; walk as children of light" (Eph. 5:8). In the very next verse the apostle Paul reminds us that the fruit of light is found in all that is good and right and true. Am I imitating God by walking in the light?

God is WISDOM. "With God are wisdom and might; he has counsel and understanding" (Job 12:13). If we imitate God, this wisdom will give us the ability to make the right choice. "Look carefully then how you walk, not as unwise men but as wise, making the most of the time, because the days are evil" (Eph. 5:15-16).

Am I an imitator of God? Do I walk in love? In Light? In Wisdom?

- John Gipson, WindSong Church of Christ, Little Rock, AR -