



BE THANKFUL!

COLOSSIANS 3:12-17

## EPHESIANS 5:18-21

(5) And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, (19) speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord, (20) giving thanks always for all things to God the Father in the name of our Lord Jesus Christ, (21) submitting to one another in the fear of God.

## PHILIPPIANS 4:6-9

(6) Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; (7) and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. (8) Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things. (9) The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

# COLOSSIANS 3:12-17

(12) Therefore, as *the* elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; (13) bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also *must do*. (14) But above all these things put on love, which is the bond of perfection. (15) And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful. (16) Let the word of Christ dwell in you richly in all wisdom, ~~teaching and admonishing~~ one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. (17) And *whatever* you do in word or deed, *do* all in the name of the Lord Jesus, giving thanks to God the Father through Him.

# Romans 12:15

(12) Rejoice with those who rejoice, and weep with those who weep.

# "It Is Well With My Soul"

- Horatio Spafford was a prosperous lawyer and devout Presbyterian elder who was living comfortably in Chicago with his wife and their four daughters.
- In 1871 the Great Chicago fire occurred, devastating the entire city.
- Two years later he planned a European vacation for the family, but just before departure Horatio was delayed due to an urgent real estate transaction. His wife Anna and his four daughters went on without him.
- On November 21, 1873 their ship the *SS Villa De Havre* was struck by the British iron sailing ship *Loshearn* and sank within twelve minutes. Anna was found unconscious and rescued by the crew of the *Loshearn*, but all four daughters drowned.
- Nine days later on December 1, 1873 Anna arrived in Cardiff, Wales and telegraphed Horatio: "Saved Alone. What shall I do?"
- Upon receiving her telegram, Horatio left immediately to bring her home. During his Atlantic crossing, his Captain summoned him to his cabin and informed Horatio they were passing over the location of the shipwreck.
- It was at this time he composed the words to the hymn "It is Well with My Soul".

# Cultivating Gratitude

1. Develop a habit of continually thanking God for His blessings. (Ephesians 5:18-21)
2. Focus on positive things.
3. Share your joy with others, empathize with those who are suffering. (Romans 12:15)
4. Thank God for what you have and pray for what you need. (Philippians 5:6-9)
5. Let the peace of God rule in your heart. (Colossians 3:12-17)
6. Sing hymns to improve your mood. (James 5:13)