



Thanks Therapy & Thanks-Living

Many reading this article are facing difficult circumstances that weigh us down with worry, weakness, and weariness that can lead to additional physical ailments and even depression. What if we could restore our joy and sense of purpose, life, and significance amidst our struggle? We can! The answer isn't a popular one, but it is found in 1 Thessalonians 5:16-18.

*“rejoice always, pray continually,
and give thanks in all circumstances.”*

When we focus our attention on this kind of **“thanks therapy,”** our heavy burdens can turn into **“thanks-living,”** a lifestyle of praise and thanksgiving no matter what comes our way. Ann Voskamp says, **“Thanks therapy** is God’s prescription for joy. It’s not easy to start, but it does bring healing to the hurting.

Thank you, Lord, for the reminder that trials shape us and can draw us closer to You when we choose to trust You and thank You, knowing that You work for the good of those who love You and are called according to Your purpose. (Romans 8:28) May we keep a song in our heart (rejoice), keep in contact with You, (pray) and keep on thanking You for the blessings You graciously gift us. Amen.

“I am convinced that life is 10% what happens to me and 90% how I react to it.” -

Chuck Swindoll