

With Thanksgiving

*Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. - Philippians 4:6

This verse shows us God's cure for a troubled heart. The Christian has no right to be anxious, but should bring all his cares to the Lord, and trust Him for deliverance from them. God is able to give us entire release and relief from our difficulties. It is his desire, however, that we bring them before Him and pray for His help in ~~them~~ solving them. He specifies that this prayer is to be "with thanksgiving".

What do we think of someone for whom we do a favor if he fails to thank us for it? How different ~~is~~ our attitude is toward the one who stops to say "Thank you"! Yet how frequently we fail to thank the Lord for His great goodness to us. The prescription which God gives to cure a troubled heart requires that we devote a large part of our prayer time to thanksgiving for His great goodness to us.

The mere fact of thinking over the many blessings which God has given is in itself a wonderful tonic. It turns our eyes away from the disappointing features of our lives, and leads us to realize how much there is for which we should be truly grateful. The things that cause us anxiety often prove to be petty worries, not deserving comparison with the many joys which God gives us. Even when we pass through serious trouble, ~~it~~ ^{our hardships} generally ~~is~~ ^{generally} proves small in comparison with the many wonderful things which God has done for each of us. Nothing any of us have to bear is as painful as the sufferings which our Lord endured ~~for us~~ when He gave His lifeblood amid the anguish of Calvary's cross, in order that we might be saved.

Let us never forget to thank God for His goodness. Having done so, let us bring to Him all our troubles and cares, knowing that He will give us the solution to them.