

# Sermon Notes

Practical Lessons for Understanding the Word of God



## Thanksgiving in the Midst of Adversity

KEY PASSAGE: 1 Thessalonians 5:16-18 | SUPPORTING SCRIPTURE: Deuteronomy 31:6 | Matthew 27:46

帖前五:16-18 申三十一:6 太二十七:46  
\* 在患难中的感恩 \* 罗八:28 弗五:20 腓四:6-7 来九:27 03/13/16

### SUMMARY

Gratitude comes easily when everything is going our way, but 1 Thessalonians 5:18 says, "In everything give thanks."

This includes both good and hard times. But when we don't understand why God allows us to go through suffering and trials, we may let our situation extinguish a grateful spirit. Instead of rejoicing and praising God for who He is and what He's done for us, we focus on our pain and confusion and begin to doubt the Lord and His Word. However, when we choose to be thankful in every situation, despite our feelings, we'll reap many benefits.

### SERMON POINTS

There are two prominent passages that speak about gratitude in the believer's life.

■ 1 Thessalonians 5:18 "In everything give thanks; for this is God's will for you in Christ Jesus." The Lord desires that we have a grateful spirit no matter what our circumstances. Even in the midst of pain or hardship, we can always thank Him for our salvation, His presence, and His work in our lives.

■ Ephesians 5:20 "Always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father." Although we are told to thank the Lord "for all things," this never includes anything that is contrary to God's nature or His commands. However, we can thank Him for whatever He allows in our lives which is according to His sovereign will knowing that He promises to work everything for good to those who love Him and are called according to His purpose (Rom. 8:28). We won't always see the good

immediately or even during our lifetime, but in heaven, it will all make sense. Until then, gratitude demonstrates our trust in the Lord.

Why should we be grateful to God in everything?

■ It keeps us continually aware that we are walking in His presence, which contributes to a godly life. As believers, we will never walk alone because the Holy Spirit lives within us. Gratitude reminds us of His presence and motivates us to respond in a godly manner by seeking to view our pain and trouble from His perspective, perceive how He is working through the situation, and rely upon His promises. No matter what happens throughout the day, we can thank Him, knowing that our all-loving, omnipotent, and omniscient God is helping us walk through it.

■ Gratitude motivates us to look for the Lord's purpose in everything that happens. Unexpected trials or suffering may cause us to question God or feel as though He's forgotten us, but He has promised to bring good from even our worst experiences (v. 8:28). Whether we understand or not, we can rely on His trustworthiness and thank Him for the good He's promised to produce in our lives according to His will.

■ Being grateful brings us into submission to God's will when we're suffering pain and heartache. In the midst of emotional or physical pain, we may not feel grateful to God, but that's when we should start to express it verbally. As we keep thanking Him, eventually our feelings will begin to match our words. God knows the weakness of human emotions and understands that our thanks may just be words in

凡事感恩-因为祂

我选择感恩的心

帖前五:18

弗五:20

罗八:28

31:6-41 路十:21

主耶稣基督也 感谢父神(太二十七:46)

提醒我们 与神同行以 致过敬虔 的生命生活

激励我们 在患难中 寻求神 的目的

凡事好坏 上帝值得信靠!

外领我们 在患 难中更委身于 上帝的旨意

帖前五:16-18 要常常喜乐,不住祷告,凡事谢恩,因为这是神在基督耶稣里向你们所定的旨意。  
弗五:20 凡事要奉我们主耶稣基督的名,常常感谢父神。  
腓四:6-7 在当一无挂虑,凡事藉着祷告,祈求,感谢...  
In everything and always, give thanks (to the God)



the beginning, but He honors our obedience in choosing to express gratitude. **提醒我们坚定信心依靠神**

**Being thankful reminds us of our continual dependence upon the Lord.** He despises a spirit of independence that denies our need of Him, exalts self-sufficiency, and leads to ingratitude. In reality, we are all dependent upon Him for every breath we take but may not realize it until we face a situation that we are powerless to overcome or change. Adversity shows us our weakness and drives us to the Lord. A mature believer lives in absolute dependence upon God everyday and rejoices in His heart with a grateful and trusting spirit. **感恩与信靠的心**

**Gratitude helps us trust the Lord when we don't understand why.** Although God hasn't promised to explain why we go through pain or hardship, He has promised to be with us and enable us to face it. Thanksgiving reminds us that we don't have to understand the situation; we just have to be obedient in the process. **帮助我们即使不全然明白却依靠相信祂!**

**Thanksgiving is essential for rejoicing in the midst of our suffering.** There's no way we can "rejoice always" without giving thanks in everything (1 Thess. 5:16, 18). Although the pain may be so penetrating that we cannot feel joy at the moment, we can choose to express gratitude with our lips until it becomes a reality in our hearts. God hears and understands the depth of our agony just as He understood Jesus' pain when He cried out, "MY GOD, MY GOD, WHY HAVE YOU FORSAKEN ME?" (Matt. 27:46). **感恩使我们即使在患难中仍然可喜悦!**

**Gratitude to God in difficult times gives our witness a greater impact.** Our painful experiences and grateful response allow us to help those who are hurting in the same way. By sharing our struggles with others who don't understand what God is doing, our witness for Christ becomes more powerful. **感恩让我们患难中有更大的见证力**

**Thankfulness displaces anxiety with peace.** The Greek word for peace means to bind together. When we keep thanking the Lord in the midst of sorrow, loss, and heartache, we are bound to Him, and His peace fills us as our anxieties crumble. The pain and difficulty may remain, but we've changed inside. **感恩可将平安代替挂虑**

This kind of peace is only available to those who have a personal relationship with Jesus Christ as Savior and Lord. Although anxiety may suddenly come upon us at the moment, we don't have to stay in that state. If we keep praying and giving thanks to God, His peace will guard our hearts and minds in Christ Jesus (Phil. 4:6-7). **腓四:6-7 在耶稣基督里 - 感恩使我们专注高力在神而不在于环境!**

**Thanksgiving focuses our attention on God rather than our circumstances.** If we fix our eyes on the difficulty, the pain becomes unbearable, peace eludes us, and the situation seems hopeless. But thanksgiving shifts our focus to the Lord and reminds us what we can know for certain:

- We're not alone. **我们并不孤单**
- God is with us. **神与我们同在**
- He loves us. **神爱我们**
- We're eternally secure. **我们有永恆的平安**
- The Lord walks with us. **神与我们同行**
- He will bring us through. **神必带领我们经过**
- God will turn this experience into something profitable in our lives. **神使我们得益处**

**Gratitude energizes us physically, emotionally, and spiritually in difficult times.** Pain, trouble, and disappointment drain us, but trusting God, focusing on Him, and thanking Him revitalize us. It's His presence within us that renews us physically, spiritually, and emotionally so we can keep going.

### RESPONSE

- When adversity or suffering come into your life, do you tend to judge God by the circumstance or judge the situation by what Scripture has said about Him? How would each perspective affect your gratitude and your ability to trust the Lord? **感恩激活我们的身心及全人的健壮**
- How would a life of consistent gratitude to God equip you for the most difficult moments you might encounter? **主看我们的心, 我要保守我的心胜过保守一切!**

**I've been there ... God is in control!**

To purchase this message on CD or DVD, please visit [store.intouch.org](http://store.intouch.org) or call 1-800-789-1473. To download this Sermon Note, visit [intouch.org/sermonnotes](http://intouch.org/sermonnotes)

**神绝不离开我! 祂与我同在, 同行, 同经历. Never give up, He is with you.**

**InTouch Ministries.**

[intouch.org](http://intouch.org)

**Through Jesus Christ, everything & every blessing counts!**

Copyright © 2016 by In Touch Ministries, Inc. All rights reserved. In Touch grants permission to print for personal use only.