

## GRATITUDE IS GOOD FOR YOU

Rejoice always, pray constantly, give thanks in everything; for this is God's will for you in Christ Jesus. (1 Thessalonians 5:16-18)

On that day David decreed for the first time that thanks be given to the LORD by Asaph and his relatives: Give thanks to the LORD; call on his name; proclaim his deeds among the peoples. Sing to him; sing praise to him; tell about all his wondrous works! Boast in his holy name; let the hearts of those who seek the LORD rejoice. Seek the LORD and his strength; seek his face always. Remember the wondrous works he has done, his wonders, and the judgments he has pronounced, you offspring of Israel his servant, Jacob's descendants—his chosen ones. He is the LORD our God; his judgments govern the whole earth. Remember his covenant forever—the promise he ordained for a thousand generations, the covenant he made with Abraham, swore to Isaac, and confirmed to Jacob as a decree, and to Israel as a permanent covenant: "I will give the land of Canaan to you as your inherited portion." When they were few in number, very few indeed, and resident aliens in Canaan wandering from nation to nation and from one kingdom to another, he allowed no one to oppress them; he rebuked kings on their behalf: "Do not touch my anointed ones or harm my prophets." Let the whole earth sing to the LORD. Proclaim his salvation from day to day. Declare his glory among the nations, his wondrous works among all peoples. For the LORD is great and highly praised; he is feared above all gods. For all the gods of the peoples are worthless idols, but the LORD made the heavens. Splendor and majesty are before him; strength and joy are in his place. Ascribe to the LORD, families of the peoples, ascribe to the LORD glory and strength. Ascribe to the LORD the glory of his name; bring an offering and come before him. Worship the LORD in the splendor of his holiness; let the whole earth tremble before him. The world is firmly established; it cannot be shaken. Let the heavens be glad and the earth rejoice, and let them say among the nations, "The LORD reigns!" Let the sea and all that fills it resound; let the fields and everything in them exult. Then the trees of the forest will shout for joy before the LORD, for he is coming to judge the earth. Give thanks to the LORD, for he is good; his faithful love endures forever.

And say, "Save us, God of our salvation; gather us and rescue us from the nations so that we may give thanks to your holy name and rejoice in your praise. Blessed be the LORD God of Israel from everlasting to everlasting..." (1 Chronicles 16:7-36)

**Remembering God is good to me is good for me.**

Reflection Question:

How has God been good to you? Remember these things and respond with gratitude to Him!

Scripture from the CSB unless noted.