

Thanks and Hope

Reflection on God's faithfulness brings thankfulness and hope

Lamentations 3:19-24

19 Remember my affliction and my homelessness,
the wormwood and the poison.

20 I continually remember them
and have become depressed.

21 Yet I call this to mind,
and therefore I have hope:

22 Because of the LORD's faithful love
we do not perish,
for his mercies never end.

23 They are new every morning;
great is your faithfulness!

24 I say, "The LORD is my portion,
therefore I will put my hope in him."

Forgiveness and love precede thankfulness

Remembering that God has forgiven you helps you to forgive others

Compassion, kindness, humility, gentleness, and patience lead to forgiveness, which leads to an attitude of love for all, which leads to peace, which leads to thankfulness.

Colossians 3:12-17

12 Therefore, as God's chosen ones, holy and dearly loved, put on **compassion, kindness, humility, gentleness, and patience**, 13 bearing with one another and **forgiving one another** if anyone has a grievance against another. **Just as the Lord has forgiven you, so you are also to forgive.** 14 Above all, **put on love**, which is the perfect bond of unity. 15 And let the **peace of Christ**, to which you were also called in one body, rule your hearts. And **be thankful**. 16 Let the word of Christ dwell richly among you, in all wisdom teaching and admonishing one another through psalms, hymns, and spiritual songs, **singing to God with gratitude in your hearts**. 17 And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, **giving thanks to God the Father through him**.

Give thanks for everything

Ephesians 5:18-20

18 And don't get drunk with wine, which leads to reckless living, but be filled by the Spirit: 19 speaking to one another in psalms, hymns, and spiritual songs, singing and making music with your heart to the Lord, 20 **giving thanks always for everything** to God the Father in the name of our Lord Jesus Christ,

1 Thessalonians 5:16-18

16 Rejoice always, 17 pray constantly, 18 **give thanks in everything**; for this is God's will for you in Christ Jesus.

Give special thanks for the people in your life, especially your family of faith

Philippians 1:3-5

3 I give thanks to my God for every remembrance of you, 4 always praying with joy for all of you in my every prayer, 5 because of your partnership in the gospel from the first day until now.

Hope comes from remembering who we are in Christ and what we have gained through Him.

Righteousness, access, grace, a heavenly home

Rejoicing in our afflictions is the hardest part. But there is a chain of promise here that cannot be broken. Rejoicing in affliction brings endurance. This endurance strengthens us in our inner selves, not bringing cynicism. As we are strengthened it changes our character, and thus who we are as we interact with others. All of this leads to hope in the most practical, day-to-day sense. And while we want that hope to shape us and our attitude towards life, there is no shortcut.

But we have help in this. The Holy Spirit was given to us, poured into us by and through God's love.

Romans 5:1-5

1 Therefore, since we have been **declared righteous by faith**, we have peace with God through our Lord Jesus Christ. 2 We have also **obtained access through him** by faith into **this grace** in which we stand, and we **rejoice in the hope of the glory of God**. 3 And not only that, but we also **rejoice in our afflictions**, because we know that affliction produces endurance, 4 endurance produces proven character, and proven character produces hope. 5 This hope will not disappoint us, because God's love has been poured out in our hearts through the Holy Spirit who was given to us.

Galatians 2:20

I have been crucified with Christ, and I no longer live, but **Christ lives in me**. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

Rejoicing, patient, persistent prayer is key in developing a hopeful attitude

Romans 12:12

12 Rejoice in hope; be patient in affliction; be persistent in prayer.

Romans 15:13

13 Now may the God of hope fill you with all joy and peace as you believe so that you may overflow with hope by the power of the Holy Spirit.