

## Gratitude

*Rejoice evermore.  
Pray without ceasing*

*In everything give thanks: for this is the will of God in Christ Jesus concerning you.—I  
Thessalonians 5:16-18*

Some verses are difficult to put into practice. When we are faced with difficulty, these are tough verses to exercise. If we could only change some words, it would change the difficulty level. Giving thanks is not difficult, but giving thanks *in everything* is an excruciating task. Praying is part of our life, but praying *without ceasing* seems beyond our conception. Rejoicing becomes difficult when we add the word *evermore*.

When we go through tumultuous situations, it is a challenge to be grateful. It is only by the Holy Spirit working in our lives that we are able to exercise thankfulness in difficult circumstances. Part of the fruit of the Spirit is peace and peace is the predecessor of being able to rejoice in arduous times.

The Holy Spirit helps believers obey God. This includes being thankful and praising God. According to Psalm 92:2, we are to anticipate God's loving kindness every morning when we rise. Every night when we go to bed, we are to testify of His faithfulness.

It seems impossible to express gratitude when we are facing heartbreaking times. It is impossible in our own strength. The only way that gratitude to God will become a habitual action is when we practice rejoicing and prayer. God commands it because He knows that we will have peace when our focus is on Him. We will rejoice more, pray fervently, and give thanks in everything,

*It is a good thing to give thanks unto the Lord and to sing praises unto Thy name, O Most High.  
To shew forth thy loving kindness in the morning, and thy faithfulness every night.—Psalm 92:1*