

SARAH'S CORNER

6 Be anxious for nothing, but in everything by prayer and supplication, **with thanksgiving**, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. 8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy — meditate on these things. 9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.
Philippians 4:6-9 NKJV



You Have Room For Thanksgiving

By Pastor Nkechi Ene (Mrs)

The greatest distractions to your thanksgiving, are the issues you may be facing now. Some new diagnosis, some family or self-induced pressure, another birthday, some mountain, some issue! If Paul says in the verse above: “*be anxious for nothing*” then it means anxiety is an ever present temptation. Obviously in such anxious situations, the prayer, supplication, requests etc are not difficult to get into. So the real key is in the “*with thanksgiving*” part - and that is obviously the solution. Sister, make no room in “*anything*” for anxiety. Tell anxiety you have no vacancy here!

In Everything Give Thanks

16 Rejoice always, 17 pray without ceasing, 18 **in everything give thanks**; for this is the will of God in Christ Jesus for you.

1 Thessalonians 5:16-18 NKJV

62 **At midnight I will rise** to give thanks to You, Because of Your righteous judgments.

Ps 119:62 NKJV

Make room in everything for thanksgiving. Where are you standing now? Even in the “*midnight hour*,” when it seems so dark and it seems like all hope is lost - there is still room for thanksgiving! Whenever you have a sudden wave of anxiety coming up open your mouth and begin to praise God.



Is your “*midnight hour*” a crossroad? A decision you and your spouse have to make? Do we have the surgery? Do we take God at His Word, against all odds? Can we afford the fertility treatment? Do I really have time on my hands to wait? You want to know the will of God in that situation? I am sure you do. Thanksgiving is the will of God you are looking for! What happens when you step into the “will of God” and begin to give thanks to God...

Thanksgiving Triggers The Peace Of God

What happens when you begin to give thanks? Look at verse 7 above! You create an antidote for anxiety and you trigger the *peace* of God. Peace is not a feeling. It is a state of wholeness – nothing missing, nothing broken. Your thanksgiving will cause wholeness to be manifest everywhere something is missing in your life!

It says it will guard your *hearts* and *minds*. It starts on the inside first. It goes straight to where it matters most. That is where doubt and anxiety start: on the inside – too much thinking and pondering on the problem. What you *think* about will get bigger and bigger. Whatever you want to experience on the outside, must start on the inside first. Thanksgiving triggers the peace of God to *guard* your heart and mind.

Guard: to be a watcher in advance, i.e. to mount guard as a sentinel (post spies at gates); figuratively, to hem in, protect: to keep (with a garrison).

That heart or mind that is tempted to stray into anxiety and worry is well guarded when you give thanks. Give thanks to God and He will send the “*peace of God*” to you.

The peace of God goes ahead of every storm. So before anxiety, fear or worry can come in – send out your thanksgiving and trigger the peace of God! When your heart and mind are garrisoned by the peace of God, then you can do what verse 8 says: “...whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy — meditate on these things. Anything that is praise worthy surpasses anything that is a temptation for worry. Remember this always.

Thanksgiving Is A Catalyst For Your Faith

Verse 9 reveals that the culmination of all meditation is action. Paul is admonishing them to *act!* He says you have learned, received, heard and seen in me all this while, now *do!* It is time for action, by faith! When you step out and begin to praise and thank God even when you don't feel like it, you will receive the peace of God in your heart and mind. This peace acts as a fence against anxiety and worry. This will allow you to meditate on the things that are praiseworthy and as you do this boldness to do things you didn't know you could do will rise up within you. Step out boldly and make real sacrifices of praise and thanksgiving as you receive your conception of your child/children. You have room for thanksgiving...You have room for your victory. Faith is your victory!