

# Giving Thanks...

... for all things, ... in all circumstances, ... at all times

## Foundation

**Bible passage: 1 Timothy 4.4,  
1 Thessalonians 5.18 & Ephesians  
5.20**

These verses from three different letters of the Apostle Paul are similar and very challenging in stirring people up to give thanks. In the original Greek there are three related words - *pan*, *panti* and *pantote* which mean all or every.

Everyone has some foods they don't like, such as sprouts. When we get older, we might refuse to eat them at home but politely tolerate them when out. Early on some people said that Christians should not eat certain foods or that things in this world are all evil and we should avoid them. But in the first passage Paul wrote:

**everything** created by God is good, and nothing is to be rejected if it is received with **thanksgiving** (1 Tim 4.4).

Paul isn't saying that we can therefore do whatever we want because elsewhere he writes "all things are lawful for me, but not all things are helpful". But he is reminding us that what God has created is good and we ought to give God thank for all things made by Him.

"giving thanks always  
and for everything"

In a previous unit we saw how Paul gave thanks for food in the middle of a storm. In 1 Thessalonians 5.18 he wrote:

*Rejoice always, pray without ceasing, give thanks in **all circumstances**; for this is the will of God in Christ Jesus for you.*



This doesn't mean that everything that happens to us is good. Paul, for example, was unjust beaten and imprisoned at times. But it means that if we are trusting in Christ then we can find reasons to thank God whatever our circumstances. Some of Paul's letters, such as Philippians were written from prison but we can see that he still found reason to thank God.

Finally in Ephesians 5.20 Paul writes about *giving thanks **always** and for everything to God the Father in the name of our Lord Jesus Christ*. This can be translated as "at all times" and it is also hard. But, as we remember how much we have from God, it should make us thankful all the time, and not just sometimes.

### Booklet:

What did Paul say we should give thanks for?

When did Paul say we should give thanks?

### Reflection:

Do you give thanks a lot, or are you more likely to be grumpy?

Thinking about what we have looked at this half term how could you be more thankful?



**Paul writes, and shows us in his own life how we should give thanks for *all things*, in *all circumstances* and at *all times*.**