

Doctrine of a Thankful Heart

1. A thankful heart will focus attention on what it has, not what it does not have. It was Helen Keller (1880-1968) who wrote, “*So much has been given to me, I have no time to ponder that which has been denied.*”
2. A thankful heart is generous in its praise to God. There is a Greek proverb that says, “*Swift gratitude is the sweetest.*”
3. A thankful heart takes nothing for granted. G. K. Chesterton noted that, “*When it comes to life, the critical thing is whether you take things for granted or take them with gratitude.*” There is an old parable about a man who complained that he had no shoes—until he met a man who had no feet.
4. A thankful heart is an emotional heart. “*When the heart is full, the eyes overflow.*” (Sholem Aleichem, 1859-1916)
5. A thankful heart continues to sing the praises of the Sovereign. “*Thanksgiving was never meant to be shut up in a single day.*” Robert Casper Linter
6. A thankful heart is a serious, reflective, and thinking heart. “*If we pause to think, we will have cause to thank.*” It is a bad moment for an atheist when he feels gratitude—whom does he thank?
7. A thankful heart remembers, or, to put it a little differently. “*Thanksgiving is memory of the heart.*”
8. A thankful heart is a joyful heart. “*Thankfulness is the soil in which joy thrives.*”
9. A thankful heart remembers others. Because God has been good to us, we remember to be good to others. When you carve the Thanksgiving turkey, give the first piece to the person who prepared it.