

# THANK YOU, THANK YOU, THANK YOU, LORD!

by Vincent M. Newfield



A *thankful* heart and a *peaceful* heart—what a precious and powerful combination. You really can't have one without the other. They are inseparably linked. Why? Because true peace is a by-product of a thankful heart, and a thankful heart is a by-product of being at peace.

**How do you gain and maintain peace?** The answer is found in Isaiah 26:3: *You [God] will guard him and keep him in perfect and constant peace whose mind [both its inclination and its character] is stayed on You, because he commits himself to You, leans on You, and hopes confidently in You.* That's how we gain and maintain peace—by leaning on and fixing our thoughts on God.

The truth is, you and I are leaning on and fixing our thoughts on God, or we're leaning on and fixing our thoughts on something else. When our minds are focused on ourselves, our situations, or anything other than God, a thankful and peaceful heart will always be out of reach. But when we fix our thoughts on God and filter our feelings and experiences through His unchanging Truth, we open the door for God's peace and provision to manifest.

**A thankful and peaceful life is the natural result of God-focused, God-centered living.** When life begins to unravel around you, refocus your attention on God's promises and His faithful track record in your life. Begin to carefully and prayerfully look back and remember how He faithfully lived up to His Word and helped you and healed you. The memories you have of how God has come through for you are priceless, powerful ammunition against the enemy.

Once again I'll go over what God has done, lay out on the table the ancient wonders; I'll ponder all the things you've accomplished, and give a long, loving look at your acts.

—Psalm 77:11,12 The Message

When I begin to feel overwhelmed by the countless responsibilities before me and the disturbing instability of the times in which we live, I stop and run to the Lord for help. Right in the middle of what I'm doing, I mentally push the "pause button" on life and take a trip down memory lane with the Lord. On purpose, I begin to remember the ways He's helped me. I recall times like when He touched me at an altar at the age of eight and set me free from bed wetting and when He miraculously healed my hands of wart-like lumps at age ten. I remember other times like when I had no medical insurance and I came down with blood poisoning; God made a way, at no charge to me, to see an emergency room doctor who took care of me. Then there was the situation when our house and business were flooded, and God turned a massive mess into a mighty miracle—He practically doubled the value of our house after it was renovated. And the list goes on.

**What does recalling God's faithfulness produce?** It produces a genuinely *thankful* heart. When I remember the things God has done in my life and how undeserving I am, I am humbled by His goodness and mercy. Gratitude wells up within me, and the only words I can muster in my mouth are, "Thank You, Thank You, *Thank You*, Lord!" Thankfulness is the key that unlocks the door to God's presence, and in His presence is **all** that we need.

Enter into His gates with thanksgiving and a thank offering and into His courts with praise! Be thankful and **say so** to Him, bless and affectionately praise His name!

—Psalm 100:4

Out of an attitude of gratitude, God's *peace* is released within us. Remembering how God helped you *in the past* generates faith to believe that He will help you *in the present and future*. He has promised that He *...will not in any way fail you nor give you up nor leave you without support...* (Hebrews 13:5). Focusing your attention on the countless times God has guided and provided as well as protected and directed your life, will release peace, create hope and put out the fire of your fears.

**Are you anxious, worried or fearful?** Are the circumstances and situations in which you find yourself weighing you down? PRAY and mentally review how God came through for you! *Don't worry about anything; instead, pray about everything. Tell God what you need, and **thank him** for all he has done. If you do this, you will experience God's **peace**, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus!*

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