

## Now Thank We All Our God 1 Thessalonians 5:16-18

Rejoice always! It is a command, and therefore, we must conclude that it can and should be obeyed. But what does it mean, and how can it be obeyed when so many of our circumstances are difficult and overwhelming? To rejoice is a choice, not a feeling; it is an attitude or perspective gained by looking to the future, while not ignoring the present. It is an orientation toward life that can be experienced only by praying...and praying...and praying...without ever ceasing, and by cultivating a heart that continuously gives thanks in everything.

“Now Thank We All Our God” —Martin Rinkart (1586-1649)

Now thank we all our God with hearts and hands and voices, who wondrous things hath done, in whom His world rejoices; who from our mothers' arms hath blessed us on our way with countless gifts of love, and still is ours today.

All praise and thanks to God the Father now be given, the Son and Him who reigns with Them in highest heaven—The one eternal God whom earth and heav'n adore—for thus it was, is now, and shall be evermore.

### † **Choose joy**

We are as sorrowful yet always rejoicing.... 2 Corinthians 6:10

For we do not want you to be unaware, brethren, of our affliction which came to us in Asia, that we were burdened excessively, beyond our strength, so that we despaired even of life.... —2 Corinthians 1:8

“These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.” —John 16:33

### † **Ask for help... without ceasing**

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. —Philippians 4:6

### † **Cultivate thankfulness**

- Because God says so
- Because it protects from sin
- Because we always have something to give thanks for
- Because it shapes our personality

A thankful heart is not only the greatest virtue, but the parent of all the other virtues.  
—Cicero

“give thanks” = *eucharisteo*