

# Give Thanks with a Grateful Heart

Sometimes it really is a sacrifice to offer Praise and Give Thanks. We may not feel like it. We're struggling. We're weary. Or maybe, we feel like we have been let down. We think **אֱלֹהִים** (Yahuah) seems distant, like he's far away, or doesn't really care about what's troubling us. Painful life blows and losses might have recently sent us spiraling.

But here's what can make a lasting difference. We have a choice, every day, to give thanks to **אֱלֹהִים** (Yahuah). And with a heart of thanksgiving, we realize that no matter what we face, **אֱלֹהִים** (Yahuah) doesn't just work to change our situations and help us through our problems. He does more. He changes our hearts. His power, through hearts of gratitude and focused minds on Him, releases the grip our trials have over us. We're strengthened by His Shalum (Peace), refueled by His Joy and empowered by his Ruch.

Gratitude is an expression of thankfulness and praise. A general attitude of thanksgiving in both the Trials and Barakah (Blessings) of life distinguishes the Believer. Shaul (Paul) exhorts us in Scripture to Give Thanks for all things, in all circumstances (**Ephesians 5:20; 1 Thessalonians 5:18**), even in suffering (**Romans 5:3-5; James 1:1-4**), and to do everything in the name of **אֱלֹהִים** (Yahuah) out of a spirit of gratitude (**Colossians 3:17**).

As a believer, we can have Shalum (Peace) and Joy through Prayer and Gratitude. When we pray and give thanks to **אֱלֹהִים** (Yahuah), even when it's hard to.

## 7 Things the Power of a Grateful Heart Can Do:

1. It gets our eyes off ourselves, and helps us to focus back on **אֱלֹהִים** (Yahuah).
2. It reminds us that **אֱלֹהִים** (Yahuah) is the Giver of all good gifts. We were never intended to be fully self-sufficient in this life. A grateful heart reminds us that ultimately **אֱלֹהִים** (Yahuah) is our Yirah (Provider), that all Barakah (Blessings) and gifts are graciously given to us by His hand.
3. It reminds us we're not in control, but that we serve a Mighty Alhym who is. It keeps us in a place of humility and dependency on Him, as we recognize how much we need Him.
4. It helps us to recognize we have so much to be thankful for, even all of the little things, which often we may forget to thank Him for...but they really are the biggest, most important things in this life. It takes our attention off of our problems and helps us instead to reflect on, to remember, the goodness of His many Barak (Blessings).

5. A heart of gratitude leaves no room for complaining. For it is impossible to be truly thankful and filled with negativity and ungratefulness at the same time.
6. It makes the enemy flee. The forces of darkness can't stand to be around hearts that give thanks and honor to אֱלֹהֵינוּ (Yahuah). Our Praise and thanksgiving will make them flee.
7. It opens up the door for continued Barakah (Blessing). It invites His presence. Our spirits are refreshed and renewed in Him. אֱלֹהֵינוּ (Yahuah) loves to give good gifts to His children. He delights in our thankfulness and pours out His Ruch (Spirit) and favor over those who give honor and thanks with a grateful heart.

### Giving Thanks (Yadah) אֲדַבֵּר

אֲדַבֵּר Work, Throw, Worship, Deed. אֲדַבֵּר Door, Pathway. אֲדַבֵּר Look, Reveal, Breath, Sigh.

### Thanksgiving (Tudah) אֲדַבֵּר

אֲדַבֵּר † Mark, Sign, Covenant, Signature, Monument. אֲדַבֵּר † Add, Secure, Hook, Nail, Peg. אֲדַבֵּר † Door, Pathway. אֲדַבֵּר † Look, Reveal, Breath, Sigh.

Oh, Yadah (Give thanks) to אֱלֹהֵינוּ (Yahuah), for he is good, for his steadfast love endures forever! **2 Chronicles 20:21; Psalm 89:1; Psalm 118:1–4; Psalm 136**

אֱלֹהֵינוּ (Yahuah)'s Word is filled with many reminders of how powerful and vital a thankful heart can be in this difficult world.

**Psalm 136:1-26** Yadah (Give thanks) to אֱלֹהֵינוּ (Yahuah), for he is good, for his steadfast love endures forever. Yadah (Give thanks) to the Alhym (God) of Alhym (Gods), for his steadfast love endures forever. Yadah (Give thanks) to Adon of Adons, for his steadfast love endures forever; to him who alone does great wonders, for his steadfast love endures forever; to him who by understanding made the Shamym (heavens), for his steadfast love endures forever; ...

**1 Thessalonians 5:18** Give thanks in all circumstances; for this is the will of אֱלֹהֵינוּ (Yahuah) in אֱלֹהֵינוּ (Yahusha) Ha Mashiach for you.

**Ephesians 5:20** Giving thanks always and for everything to אֱלֹהֵינוּ (Yahuah) the Father in the name of our Adon אֱלֹהֵינוּ (Yahusha) Ha Mashiach,

**Colossians 3:15-17** And let the Shalum (Peace) of Mashiach rule in your hearts, to which indeed you were called in one body. And be thankful. Let the word of Mashiach dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to אֱלֹהֵינוּ (Yahuah). And whatever you do, in word or deed, do everything in the name of Adon אֱלֹהֵינוּ (Yahusha), giving thanks to אֱלֹהֵינוּ (Yahuah) the Father through him.

**James 1:17** Every good gift and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change.

**2 Corinthians 9:15** Thanks be to **אֱלֹהֵינוּ** (Yahuah) for his inexpressible gift!

**Psalms 106:1** Praise **אֱלֹהֵינוּ** (Yahuah)! Oh, Yadah (give thanks, cast out, make confession, praise, give thankful) to **אֱלֹהֵינוּ** (Yahuah), for he is good, for his steadfast love endures forever!

**Psalms 105:1** Oh, Yadah (Give thanks) to **אֱלֹהֵינוּ** (Yahuah); call upon his name; make known his deeds among the peoples!

**Psalms 100:4** Enter his gates with Todah 8426 (Thanksgiving), and his courts with Hallu (Praise)! Yadah (Give thanks) to him; Barak (Bless) his Name!

**Colossians 3:17** And whatever you do, in word or deed, do everything in the name of the Adon **וְיֵשׁוּעַ** (Yahusha), giving thanks to **אֱלֹהֵינוּ** (Yahuah) the Father through him.

**Colossians 4:2** Continue steadfastly in prayer, being watchful in it with thanksgiving.

**Psalms 30:12** That my glory may sing your Praise and not be silent. O **אֱלֹהֵינוּ** (Yahuah) my Alhym, I will Yadah (Give thanks) to you forever!

**Psalms 118:1-18** Oh, Yadah (Give thanks) to **אֱלֹהֵינוּ** (Yahuah), for he is good; for his steadfast love endures forever! Let Yasharal (Israel) say, "His steadfast love endures forever." Let the house of Aaron say, "His steadfast love endures forever." Let those who fear **אֱלֹהֵינוּ** (Yahuah) say, "His steadfast love endures forever." Out of my distress I called on **אֱלֹהֵינוּ** (Yahuah); **אֱלֹהֵינוּ** (Yahuah) answered me and set me free. ...

**Romans 1:21** For although they knew **אֱלֹהֵינוּ** (Yahuah), they did not honor him as Alhym (God) or give thanks to him, but they became futile in their thinking, and their foolish hearts were darkened.

**Psalms 95:2** Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of Praise!

**Philemon 1:4** I thank my Alhym (God) always when I remember you in my prayers,

**Isaiah 12:4-5** And you will say in that day: "Yadah (Give thanks) to **אֱלֹהֵינוּ** (Yahuah), call upon his name, make known his deeds among the peoples, proclaim that his name is exalted. "Sing Praises to **אֱלֹהֵינוּ** (Yahuah), for he has done gloriously; let this be made known in all the earth.

**Psalms 100:1-5** A Psalm for giving thanks. Make a joyful noise to **אֱלֹהֵינוּ** (Yahuah), all the earth! Serve **אֱלֹהֵינוּ** (Yahuah) with gladness! Come into his presence with singing! Know that **אֱלֹהֵינוּ** (Yahuah), he is Alhym (God)! It is he who made us, and we are his; we are his people, and the sheep of his pasture. Enter his gates with thanksgiving, and his courts with Praise!

Yadah (Give thanks) to him; Barak (Bless) his name! For **אֱלֹהִים** (Yahuah) is good; his steadfast love endures forever, and his Faithfulness to all generations.

**1 Chronicles 16:34** Oh give thanks to **אֱלֹהִים** (Yahuah), for he is good; for his steadfast love endures forever!

**Psalm 7:17** I will Yadah (Give thanks) to **אֱלֹהִים** (Yahuah) due to his Righteousness, and I will sing Praise to the Name of **אֱלֹהִים** (Yahuah), the Most High.

**1 Chronicles 29:13** And now we thank you, our Alhym (God), and Praise your glorious Name.

**Psalm 9:1-2** I will Yadah (Give thanks) to **אֱלֹהִים** (Yahuah) with my whole heart; I will recount all of your wonderful deeds. I will be glad and exult in you; I will sing Praise to your Name, O Most High.

**1 Chronicles 16:8** Oh give thanks to **אֱלֹהִים** (Yahuah); call upon his name; make known his deeds among the peoples!

**1 Thessalonians 5:16-18** Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of **אֱלֹהִים** (Yahuah) in **וְיֵשׁוּעָא** (Yahusha) Ha Mashiach for you.

**Psalm 118:28** You are my Alhym (God), and I will Yadah (Give thanks) to you; you are my Alhym (God); I will extol you.

**Psalm 69:30** I will Praise the name of **אֱלֹהִים** (Yahuah) with a song; I will magnify him with Todah (Thanksgiving).

**Colossians 2:7** Rooted and built up in him and established in the Amunah (Faith), just as you were taught, abounding in thanksgiving.

**Psalm 28:7** **אֱלֹהִים** (Yahuah) is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I Yadah (Give thanks) to him.

**Romans 5:1** Therefore, since we have been justified by Amunah (Faith), we have Shalum (Peace) with Alhym (God) through our Adon **וְיֵשׁוּעָא** (Yahusha) Ha Mashiach.

**Philippians 1:3** I thank my Alhym (God) in all my remembrance of you,

**1 Corinthians 15:57** But thanks be to **אֱלֹהִים** (Yahuah), who gives us the victory through our Adon **וְיֵשׁוּעָא** (Yahusha) Ha Mashiach.

**1 Corinthians 1:4** I give thanks to my Alhym (God) always for you because of the grace of **אֱלֹהִים** (Yahuah) that was given you in **וְיֵשׁוּעָא** (Yahusha) Ha Mashiach,

**2 Corinthians 4:15** For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of **יְהוָה** (Yahuah).

**Psalm 35:18** I will thank you in the great congregation; in the mighty throng I will Praise you.

**1 Timothy 4:4-5** For everything created by Alhym (God) is good, and nothing is to be rejected if it is received with Todah (thanksgiving), for it is made Qadosh (Holy) by the Word of Alhym (God) and Prayer.

**Psalm 116:12** What shall I render to **יְהוָה** (Yahuah) for all his benefits to me?

**Revelation 11:17** Saying, “We give thanks to you, **יְהוָה** (Yahuah) Alhym (God) Almighty, who is and who was, for you have taken your great power and begun to reign.

**1 Thessalonians 3:9** For what thanksgiving can we return to **יְהוָה** (Yahuah) for you, for all the joy that we feel for your sake before our Alhym (God),

**Romans 1:8** First (1<sup>st</sup>), I thank my Alhym (God) through **וְיֵשׁוּעַ** (Yahusha) Ha Mashiach for all of you, because your Amunah (Faith) is proclaimed in all the world.

**Psalm 22:1-31** My Alhym (God), my Alhym (God), why have you forsaken me? Why are you so far from saving me, from the words of my groaning? O my Alhym (God), I cry by day, but you do not answer, and by night, but I find no rest. Yet you are holy, enthroned on the Praises of Yasharal (Israel). In you our fathers trusted; they trusted, and you delivered them. To you they cried and were rescued; in you they trusted and were not put to shame. ...

**Psalm 34:1** Of David, when he changed his behavior before Abimelech, so that he drove him out, and he went away. I will Barak (Bless) **יְהוָה** (Yahuah) at all times; his Praise shall continually be in my mouth.

**Psalm 107:8** Let them thank **יְהוָה** (Yahuah) for his steadfast love, for his wondrous works to the children of man!

**Psalm 75:1** We give thanks to you, O **יְהוָה** (Yahuah); we give thanks, for your name is near. We recount your wondrous deeds.

**Ephesians 1:11** In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will,

**Hebrews 12:28-29** Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to Alhym (God) acceptable worship, with reverence and awe, for our Alhym (God) is a consuming fire.

**Psalm 50:14** Offer to **יְהוָה** (Yahuah) a Sacrifice of Todah (Thanksgiving), and perform your vows to the Most High,

**1 Timothy 1:12** I thank him who has given me strength, **OWYAZL** (Yahusha) Ha Mashiach our Adon, because he judged me Faithful, appointing me to his service,

**James 4:6-12** But he gives more grace. Therefore, it says, “**AYAZL** (Yahuah) opposes the proud, but gives grace to the humble.” Submit yourselves therefore to **AYAZL** (Yahuah). Resist the devil, and he will flee from you. Draw near to **AYAZL** (Yahuah), and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. Humble yourselves before **AYAZL** (Yahuah), and he will exalt you. ...

**James 1:1-27** James, a servant of **AYAZL** (Yahuah) and of the Adon **OWYAZL** (Yahusha) Ha Mashiach, To the twelve (12) tribes in the Dispersion: Greetings. Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your Amunah (Faith) produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing. If any of you lacks wisdom, let him ask Alhym (God), who gives generously to all without reproach, and it will be given him. ...

**Psalms 116:17** I will offer to you the sacrifice of thanksgiving and call on the name of **AYAZL** (Yahuah).

**Isaiah 12:4** And you will say in that day: “Yadah (Give thanks) to **AYAZL** (Yahuah), call upon his name, make known his deeds among the peoples, proclaim that his name is exalted.

**Ezra 3:11** And they sang responsively, Hallal (Praising) and Yadah (Giving thanks) to **AYAZL** (Yahuah), “For he is good, for his steadfast love endures forever toward Yasharal (Israel).” And all the people shouted with a great shout when they Praised **AYAZL** (Yahuah), because the foundation of the house of **AYAZL** (Yahuah) was laid.

**Colossians 1:12** Giving thanks to the Father, who has qualified you to share in the inheritance of the Qadosh believers in light.

**Psalms 145:1-21** A Song of Praise. Of David. I will extol you, my Alhym (God) and King, and Barak (Bless) your name forever and ever. Every day I will Barak (Bless) you and Praise your Name forever and ever. Great is **AYAZL** (Yahuah), and greatly to be Praised, and his greatness is unsearchable.

**1 Timothy 2:1** First (1<sup>st</sup>) of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people,

**Colossians 3:16** Let the word of Mashiach dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to **AYAZL** (Yahuah) Alhym (God).

**Jonah 2:9** But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. Salvation belongs to **AYAZL** (Yahuah)!”

**Colossians 2:6-7** Therefore, as you received **OWYAZL** (Yahusha) Ha Mashiach the Adon, so walk in him, rooted and built up in him and established in the Amunah (Faith), just as you were taught, abounding in thanksgiving.

**Jeremiah 30:19** Out of them shall come songs of thanksgiving, and the voices of those who celebrate. I will multiply them, and they shall not be few; I will make them honored, and they shall not be small.

**Psalms 118:24** This is the day that **AYAZL** (Yahuah) has made; let us rejoice and be glad in it.

**Romans 8:28** And we know that for those who love Alhym (God) all things work together for good, for those who are called according to his purpose.

**Psalms 50:23** The one who offers Todah (thanksgiving) as his sacrifice glorifies me; to one who orders his way rightly I will show the salvation of Alhym (God)!”

**Acts 24:3** In every way and everywhere we accept this with all gratitude.

**Psalms 118:28-29** You are my Alhym (God), and I will Yadah (Give thanks) to you; you are my Alhym (God); I will extol you. Oh, Yadah (Give thanks) to **AYAZL** (Yahuah), for he is good; for his steadfast love endures forever!

**Hebrews 13:15** Through him then let us continually offer up a sacrifice of Praise to Alhym (God), that is, the fruit of lips that acknowledge his name.

**Ephesians 1:16-18** I do not cease to give thanks for you, remembering you in my prayers, that the Alhym (God) of our Adon **OWYAZL** (Yahusha) Ha Mashiach, the Father of glory, may give you a Rich (Spirit) of wisdom and of revelation in the knowledge of him, having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the Qadosh Believers,

**2 Corinthians 2:14** But thanks be to **AYAZL** (Yahuah), who in Mashiach always leads us in triumphal procession, and through us spreads the fragrance of the knowledge of him everywhere.

**Psalms 103:1-5** Barak (Bless) **AYAZL** (Yahuah), O my soul, and all that is within me, Barak (Bless) his Qadosh (Holy) Name! Barak (Bless) **AYAZL** (Yahuah), O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle's.

**Psalms 92:1** A Song for the Sabbath. It is good to Yadah (Give thanks) to **AYAZL** (Yahuah), to sing Praises to your name, O Most High;

**Lamentations 3:23** They are new every morning; great is your Faithfulness.

**Philippians 4:6-8** Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to אַיָּאָל (Yahuah). And the Shalum (Peace) of אַיָּאָל (Yahuah), which surpasses all understanding, will guard your hearts and your minds in **OWYָּאָל** (Yahusha) Ha Mashiach. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of Praise, think about these things.

**Philippians 4:12-13** I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.

**James 1:2-4** Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your Amunah (Faith) produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

**1 Corinthians 4:7-9** For who sees anything different in you? What do you have that you did not receive? If then you received it, why do you boast as if you did not receive it? Already you have all you want! Already you have become rich!

**2 Thessalonians 1:3** We ought always to give thanks to אַיָּאָל (Yahuah) for you, brothers, as is right, because your Amunah (Faith) is growing abundantly, and the love of every one of you for one another is increasing.

**Psalms 66:1-20** Shout for joy to אַיָּאָל (Yahuah), all the earth; sing the glory of his name; give to him glorious Praise! Say to אַיָּאָל (Yahuah) "How awesome are your deeds! So great is your power that your enemies come cringing to you. All the earth worships you and sings Hallu (Praises) to you; they sing Hallu (Praises) to your name." Selah Come and see what אַיָּאָל (Yahuah) has done: he is awesome in his deeds toward the children of man. ...

**Philippians 1:1-30** Paul and Timothy, servants of **OWYָּאָל** (Yahusha) Ha Mashiach, to all the Qadosh Believers in **OWYָּאָל** (Yahusha) Ha Mashiach who are at Philippi, with the overseers and deacons: Grace to you and Shalum (Peace) from אַיָּאָל (Yahuah) our Father and the Adon **OWYָּאָל** (Yahusha) Ha Mashiach. I thank my Alhym (God) in all my remembrance of you, always in every prayer of mine for you all making my prayer with joy, because of your partnership in the gospel from the first day until now. ...

**Matthew 11:25** At that time **OWYָּאָל** (Yahusha) declared, "I thank you, Father, Adon (Lord/Master) of Shamym (Heaven) and earth, that you have hidden these things from the wise and understanding and revealed them to little children;

**Psalms 40:9-10** I have told the glad news of deliverance in the great congregation; behold, I have not restrained my lips, as you know, O אַיָּאָל (Yahuah). I have not hidden your deliverance within my heart; I have spoken of your Faithfulness and your salvation; I have not concealed your steadfast love and your Faithfulness from the great congregation.



**Psalm 119:1-176** Baruk (Blessed) are those whose way is blameless, who walk in the Torah of **יְהוָה** (Yahuah)! Barukk (Blessed) are those who keep his testimonies, who seek him with their whole heart, who also do no wrong, but walk in his ways! You have commanded your precepts to be kept diligently. Oh, that my ways may be steadfast in keeping your statutes! ...

**Ephesians 5:18-20** And do not get drunk with wine, for that is debauchery, but be filled with the Ruch (Spirit), addressing one another in psalms and hymns and spiritual songs, singing and making melody to **יְהוָה** (Yahuah) with your heart, giving thanks always and for everything to **יְהוָה** (Yahuah) the Father in the name of our Adon **יְהוֹשֻׁעַ** (Yahusha) Ha Mashiach,

**2 Corinthians 9:11-12** You will be enriched in every way to be generous in every way, which through us will produce thanksgiving to Alhym (God). For the ministry of this service is not only supplying the needs of the saints but is also overflowing in many thanksgivings to **יְהוָה** (Yahuah).

**2 Corinthians 4:15-16** For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of **יְהוָה** (Yahuah). So, we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day.

**Psalm 95:1-3** Oh come, let us sing to **יְהוָה** (Yahuah); let us make a joyful noise to the rock of our salvation! Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of Hallu (Praise)! For **יְהוָה** (Yahuah) is a great Alhym (God), and a great King above all Alhym (Gods).

**Numbers 6:24-26** **יְהוָה** (Yahuah) Barak (Bless) you and keep you; **יְהוָה** (Yahuah) make his face to shine upon you and be gracious to you; **יְהוָה** (Yahuah) lift up his countenance upon you and give you Shalum (Peace).