

**Practicing Thanksgiving in
Suffering
Luke 22:14-21; 23-24**

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**“The root of joy is
gratefulness. We tend to
misunderstand the link
between joy and gratefulness.
We notice that joyful people
are grateful and suppose that
they are grateful for their joy.**

**But the reverse is true: their
joy springs from gratefulness.
We hold the key to lasting
happiness in our hands.**

**For it is not joy that makes us
grateful; it is gratefulness that
makes us joyful. gratefulness.
—David Stendl-Rast, Living
Gratefulness, the heart of
prayer.**

**Thanksgiving in suffering
draws us closer to God**

Luke 22:14-21

When the hour came, He reclined at the table, and the apostles with Him. 15 Then He said to them, "I have fervently desired to eat this Passover with you before I suffer.

16 For I tell you, I will not eat it again until it is fulfilled in the kingdom of God.” 17 Then He took a cup, and after giving thanks, He said, “Take this and share it among yourselves.

18 For I tell you, from now on I will not drink of the fruit of the vine until the kingdom of God comes.” 19 And He took bread, gave thanks, broke it, gave it to them, and said, “This is My body, which is given for you. Do this in remembrance of Me.”

1 Corinthians 11:23-24

**For I received from the Lord
what I also passed on to you:
On the night when He was
betrayed, the Lord Jesus took
bread, gave thanks, broke it,
and said, "This is My body,
which is for you. Do this in
remembrance of Me."**

“I come to you in these pages as a broken woman, realizing that my brokenness may be my greatest strength—that it may be the greatest strength of us all. In the depths of my illness, I have been able to set aside my striving

**and look for God's presence
in my suffering. My season of
weakness has taught me the
joy of receiving, the strength
of brokenness and the
importance of looking for God
in each moment."**

**—Kara Tippetts, The Hardest
Peace**

**“Most of the questions I
asked, in the early days of my
paralysis, were questions
voiced out of a clenched fist.”
—Joni Erickson Tada**

**“And though others may
receive gifts of healing, I
believe that He has given me
a gift beyond compare. For
heaven is nearer to me and at
times it is all I can see.”
—Joni Erikson Tada**

**Suffering will change you, but
not necessarily for the better.**

The Four Whys of Suffering:

1) The Whys of Grumbling

2) The Whys of Grief

3) The Whys of Guidance

4) The Whys of Gratitude

“There’s a common explanation that profound sadness leads to someone’s becoming a comedian, but I’m not sure that’s a proven equation in my case, I’m not bitter about what happened to me as a child,

and my mother was instrumental in keeping me from being so.” “She taught me to be grateful for my life regardless of what that entailed, and that’s directly related to the image of Christ on the cross and the example of sacrifice that he gave us.

**What she taught me is that
the deliverance God offers
you from pain is not no pain
— it's that the pain is actually
a gift. What's the option? God
doesn't really give you
another choice.”
—Stephen Colbert**

**“Gratitude is a state of mind
—in fact, there’s a gratitude
circuit in your brain, badly in
need of a workout.**

**Strengthening that circuit
brings the power to elevate
your physical and mental
health, boost happiness,
improve sleep, and help you
feel more connected to other
people.**

It turns out that gratitude actually reduces the likelihood of suicidal thoughts. Importantly, the effect of gratitude is greatest in people with highest levels of hopelessness. [One study] found that people who expressed more

**gratitude had better physical and psychological health, and they were more likely to engage in healthy activities. Grateful people also showed more willingness to do something about poor health.
—Dr. Alex Korb, The Upward Spiral**

Gratitude thief #1: Blame-Shifting (v.23-24)
So they began to argue among themselves which of them it could be who was going to do this thing. 24 Then a dispute also arose among them about who should be considered the

**“A community of interdependent citizens has been displaced by a society of resentful, competing, and self-interested individuals who have dressed their private annoyances in the garb of victimism,”
—Charlie Sykes, A Nation of**

**Gratitude Thief #2:
Comparison (v.24)
Then a dispute also arose
among them about who
should be considered the
greatest.**

Gratitude is showing actualy appreciation for the things you have. It's not comparing yourself to others less fortunate than you.

It doesn't matter what other people have or don't have. Gratitude is powerful because it decreases envy and increases how much you value what you already have, which improves life satisfaction.

**Comparing yourself to others
activates circuits responsible
for social comparison. Sure,
you might come out favorably
in some scenarios, but
definitely not in all
scenarios...**

**the way your brain
determines how other people
think is that it takes what it's
thinking and projects it
outward.**

If you do lots of social comparisons you're more likely to assume other people are engaging in social comparisons about you, and that can make you feel judged and excluded.

—Dr. Alex Korb, The Upward

**Gratitude thief #3: Greed (v.
3-6)**

**Then Satan entered Judas,
called Iscariot, who was
numbered among the Twelve.
4 He went away and
discussed with the chief
priests and temple police**

how he could hand Him over to them. 5 They were glad and agreed to give him silver. 6 So he accepted the offer and started looking for a good opportunity to betray Him to them when the crowd was not present.

Luke 22:21

**But look, the hand of the one
betraying Me is at the table
with Me! 22 For the Son of
Man will go away as it has
been determined, but woe to
that man by whom He is
betrayed!”**

Romans 1:18; 21-25
For God's wrath is revealed
from heaven against all
godlessness and
unrighteousness of people
who by their unrighteousness
suppress the truth...

**21 For though they knew God,
they did not glorify Him as
God or show gratitude.
Instead, their thinking
became nonsense, and their
senseless minds were
darkened. 22 Claiming to be
wise, they became fools**

23 and exchanged the glory of the immortal God for images resembling mortal man, birds, four-footed animals, and reptiles. 24 Therefore God delivered them over in the cravings of their hearts to sexual impurity,

so that their bodies were
degraded among themselves.
25 They exchanged the truth
of God for a lie, and
worshiped and served
something created instead of
the Creator, who is praised
forever. Amen

A Proud person is seldom a grateful person, for they never think they get as much as they deserve. What do I think I deserve? A life of material comfort? A life free of all trials, all hardship, all suffering?

A life with no discomfort? No inconveniences? Are there times that a sense of entitlement—expectations—is what inflates self, detonates anger, offends God, extinguishes joy?

**The only real fall of man is his
[un-grateful] life in an
ungrateful world. Ingratitude,
was the fall—humanity's
discontent with a all that God
freely gives.**

Is God
extinguishes joy?

**That is what has scraped me
raw: ungratefulness. To find
Eden, the abundance of
Paradise, I need to forsake
my ungrateful life, and grab
hold to [gratefulness], a
lifestyle of thanksgiving.
—Ann Voscamp**

Gratitude is a form of social glue. In the capitalist economy, debt is to be repaid to the lender. But a debt of gratitude is repaid forward, to another person who also doesn't deserve it.

In this way each gift ripples outward and yokes circles of people in bonds of affection. It reminds us that a society isn't just a contract based on mutual benefit, but an organic connection based on natural sympathy

In this way each gift ripples
outward and wakes circles of
—connections that are
nurtured not by self-interest
but by loyalty and service. —
David Brooks, The Structure
of Gratitude (NY Times)
connection based on natural
sympathy

1. WE NEED A MEAL (v.19)
And He took bread, gave
thanks, broke it, gave it to
them, and said, “This is My
body, which is given for you.
Do this in remembrance of
Me.”

He gave thanks'=Eucharisteo

Eucharisteo=Grace

Chara=Joy

(v.20) In the same way He also took the cup after supper and said, "This cup is the new covenant established by My blood; it is shed for you.

**“Give thanks in everything,
for this is God’s will for you in
Christ Jesus.” (1 Thess 5:18)**

**“Don't worry about anything,
but in everything, through
prayer and petition with
thanksgiving, let your
requests be made known to
God.” (Phil 4:6)**

“Don't worry about anything,
but in everything, through
prayer and thanksgiving with
a peaceful mind, let your
requests be made known to
God.” (Phil 4:6)

**“Devote yourselves to prayer;
stay alert in it with
thanksgiving. (Col 4:2)**

**Therefore, God's chosen
ones, holy and loved, put on
heartfelt compassion,
kindness, humility,
gentleness, and patience,**

13 accepting one another and forgiving one another if anyone has a complaint against another. Just as the Lord has forgiven you, so you must also forgive.

**14 Above all, put on love—the perfect bond of unity. 15 And let the peace of the Messiah, to which you were also called in one body, control your hearts. Be thankful.
(Colossians 3:12)**