



Present your needs to God in every form of prayer and in petitions full of gratitude. Then God's own peace, which is beyond all understanding, will stand guard over your hearts and minds, in Christ Jesus. Philippians 4:6b-7

Give Thanks to the Lord

By Kathy Nowak

I believe thankfulness to God is the key to happiness and contentment in this life. I have always been a "glass half empty" type of person. Many years ago, I had a serious problem with ongoing depression from which I was healed through the grace of God. But I still find that I have to guard against a spirit of melancholy and sadness; of looking at the dark side rather than the bright side of life.

Many years ago, my spiritual director, Mary Ann Collett, suggested that I keep a Thanksgiving journal; writing down something each day that I am thankful for. It has since evolved into a journal where I record not only the things, I am thankful for in my life, but the many blessings, healings and miracles that have occurred in the lives of my family. When bad things happen (as they do to all of us), I go back and read about all the good things God has done in and for me and my family. It lifts my spirit and helps me keep the present trial in perspective.

I would like to suggest that you consider starting a Thanksgiving journal for yourself. Another suggestion is to include prayers of thanksgiving in either your morning or evening prayers. In my evening prayers, I try to think of three things about that day that I am thankful for. I also set aside one day a week as a "Thanksgiving" day where I thank God for those intentions or people that I pray for on the other days.

The Psalms in Scripture are also a good way to focus on thanking God. The following are some I use that you can copy and use as a bookmark in your Bible.

Thanksgiving Psalms

- 16 – for blessings
- 18:1-7 – for strength
- 30 – for healing from serious illness
- 40 – Gratitude & prayer for help
- 41 – after sickness
- 65 – for abundant blessings
- 100 - Thanksgiving
- 103 – Praise of Divine Goodness
- 112 – for blessings
- 116 – for help in time of great need
- 118 – Hymn of Thanksgiving
- 138 – Hymn of a Grateful Heart



Kathy Nowak-(on the right) is a cradle Catholic who has been ministering in the Church in many areas since she received the Baptism in the Holy Spirit in 1975. Before the churches were shut down, she helped facilitate the Evening Bible Study group at the Church of Epiphany in Brick and served as a prayer group leader for JOY Prayer Group. She is also a member of Light of Life Prayer Group at St. Joseph's Catholic Church in Toms River. She and her husband, Deacon Ron Nowak, are the parents of four children and are blessed with nine grandchildren. You can read more of her writing at www.pathwaypeace.blogspot.com.