



[Philippians 4:6](#)

(6) Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

New King James Version

Our prayers should reflect our gratitude toward [God](#) for what He has done in our lives and what He gives to us. Our everyday words and thoughts should reflect a positive mindset of [hope](#) and [joy](#) in thankfulness towards God our Father for His great plan of [salvation](#) and our parts in it.

Thankfulness is a form of contentment, or we could view it as [peace](#) of mind or tranquility. A truly thankful person is usually not an individual who worries a lot. Being thankful puts our thoughts on God, rather than on our problems. In [Colossians 3:15](#), Paul writes encouragingly, "Let the peace of God rule in your hearts to which also you were called in one body and be thankful." The more we allow God's peace to be in control, the more settled and more thankful we will become. On the flip side, the more thankful we are, the more God's peace will rule our hearts and minds.

In our society, many problems like discouragement, depression, anger, and other mental and emotional troubles are treated with chemicals and drugs. These medicines are designed to offer some form of relief. Some work and some do not. Many have side effects that, in some cases, are worse than the original problem. Some are addictive. For us, though, thankfulness and praising God are effective and beneficial antidotes for discouragement, depression, and anger.

Supplication with thanksgiving will enliven our [prayer](#) life. It will lift us up and give us a more positive perspective. A thankful attitude will help to erase any doubts we may have as we pray, and it will also decrease uncertainty in our lives in general because we know where our help comes from (see [Psalm 121:1-8](#)). Proper thankfulness will help us increase our [faith](#) in God because we will constantly be relating to and reflecting on Him.

The Berean: Daily Verse and Commentary for Philippians 4:6 (<http://www.theberean.org>)

God is *always* deserving of our praise or thanks—indeed, we cannot thank Him enough. How does our heavenly Father feel when we express only a qualified "thank you" occasionally or not at all? How does He feel, knowing that He has done what is the absolute and perfect best for us, and we just shrug it off? How do we feel when this type of unthankful behavior happens to us? Our thanksgiving to God should be so effusive that He will never feel that way!

[Ingratitude](#), whether passive or active, is a tool that [Satan](#) can use to turn us away from God and His Family. By succumbing to thanklessness, we can allow him to plant us as tares within the church and spread our ingratitude to others. A steady outflow of gratitude to God will knock this weapon from the Devil's hand.

Such a constant attitude of thankfulness and earnest thanksgiving, no matter the circumstances, is a gift from God to us. Gratitude spreads a [healing](#) balm among those with whom we [fellowship](#), and it will help to speed us along the path to God's Kingdom.

— Staff

To learn more, see:

[Daily Thanksgiving](#)

Related Topics:

[Anger](#)

[Depression](#)

[Discouragement](#)

[God's Peace](#)

[Gratitude](#)

[Peace of God](#)

[Positive Mindset](#)

[Praise](#)

[Prayers to Reflect Gratitude](#)

[Thankfulness](#)

[Thanksgiving](#)

