

## Prayer For Joy & Gratefulness

### Description

[RG AUDIO 052011](#)

1 Thessalonians 5:12-24

When my son was very young, I used to pick him up, throw him in the air, and catch him. He would give me a big smile, and he would say “Encore, Daddy, encore.”

One day I asked a friend to throw him in the air. He did not smile. The difference was he was not sure whether my friend would catch him. What I thought would be a joyful experience was rather a nightmare. Joy can come from assurance and trust in someone who is bigger and more powerful than we are.

Psychiatrists and counselors tell us attitudes can determine our quality of life. Forgiveness, gratefulness, prayer, thanksgiving, love, and joy can heal and restore lives. Paul urges the Thessalonians to be joyful, prayerful, and thankful in all circumstances.

We should also be joyful and grateful. Joy comes from the assurance that we can trust someone greater, bigger, stronger, and wiser. Someone who can handle whatever comes on our way.

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