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Philippians 4:6-7

New International Version

<sup>6</sup>Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup>And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

It's very hard not to worry about things that bother us especially during this pandemic. It is quite frightening for many of us in our everyday lives. But this reading tell us not to be anxious, instead go to God in prayer and in thanksgiving for the blessing we do have. There is a very old hymn I remember well from my childhood, 'Count your blessings name them one by one, then you will know what God has done.' So very true and knowing that God is with you then you can put the worries behind you. As parents we expect the children to say thank you on giving them the many things they ask for in a day. Simple things like a drink or a biscuit. Yes, that is a very simple analogy, but we are told many times in the Bible to ask for what we want. Do we remember once we have received to thank God for what he has actually given to us in answered prayer? Can you imagine just how many prayers that get asked for 24/7? Therefore, when we give God our personal thanks we maybe should just actually tell him what we are saying thank you for. Why should we wait to say thank you, should we have the faith to thank God before we ask for whatever we feel the need to pray for? I am certain that to have such a faith in God he will work even more in our lives, and we can be encouraged to go and thank and praise his Holy name to all who will listen. Count your blessings and say Thank you for all that God has done for you.