







"Always give thanks to God the Father for everything, in the name of our Lord Jesus Christ."

Eph. 5:20



"*Always* give thanks to God the Father for *everything*, in the name of our Lord Jesus Christ."

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“For although they knew God, they did not glorify him, and were **unthankful...**”

Rom. 1:21

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Always thankful: Is this possible?

What if I don't feel thankful?



The devil's seeds of  
discouragement and doubt can  
not grow in thankful heart.

What Ephesians 5:20 is **NOT**.

What Ephesians 5:20 **IS**.

What **difference** does this  
make?

What Eph. 5:20 is **not**:

Hypocrisy



What Eph. 5:20 is **not**:

Hypocrisy

Heartless words

What Eph. 5:20 is **not**:

Hypocrisy

Heartless words

Denial of negative  
emotions

“Rejoice with those who rejoice, weep with those who weep.”

Romans 12:15

“Sorrowful yet always rejoicing.”

2 Cor. 6:10

What Eph. 5:20 is:



What Eph. 5:20 **is**:

*thanks* = to welcome  
or receive

What Eph. 5:20 **is**:

This is not a command, but the **fruit** of obeying a command.

What Eph. 5:20 **is**:

“be filled with the Spirit.”

What Eph. 5:20 **is**:

This thankfulness is the **fruit** of being *filled and submitted* to the HOLY Spirit, the Spirit who lives inside we who are the Children of God.

“When you believed, you were marked in him with a seal, **the promised Holy Spirit**, who is a deposit guaranteeing our inheritance until the redemption of those who are God’s possession...”

-Eph. 1: 13-14

What Eph. 5:20 **is**:

“be filled with the Spirit.”







“But the Advocate, the Holy Spirit, whom the Father will send in my name, will **teach** you all things and **will remind** you of everything I have said to you.”

-John 14:26

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The Holy Spirit will produce thankfulness in our lives by bringing **the full reality** of the Godhead to bear on each circumstance we are in.

“Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.”

– James 1:17

“Consider it pure joy, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.”

-James 1:2-4

“Our human fathers disciplined us for a little while as they thought best; but God disciplines us for our good, in order that we may share in his holiness. No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.”

–Hebrews 12:9-10

Three times I pleaded with the Lord to take it away from me. But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." ...For when I am weak then I am strong."

-2 Corinthians 9-10

“For my thoughts are not your thoughts,  
neither are your ways my ways,”  
declares the LORD.

“As the heavens are higher than the earth,  
so are my ways higher than your ways  
and my thoughts than your thoughts.”

Isaiah 55: 10



“Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.”

-2 Cor. 4: 16-17

“God exalted him [Jesus] to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.”

-Phil. 2:9-11

What Eph. 5:20 **is**:

This thankfulness is the **fruit** of being *filled and submitted* to the HOLY Spirit, the Spirit who lives inside we who are the Children of God.

What Eph. 5:20 **is**:

“be filled with the Spirit.”



What **difference** does  
this make?

We don't live by explanations,  
we live by God's promises and  
His revealed character.

“be filled with the Spirit.”



Ask - Desire - Yield

You will get through this. It won't be quick or easy. Don't be foolish, because God will use this for your good.

“What you meant for evil, God  
will use for good.”

–Gen. 50:20



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