

1 Corinthians 11:23-24

For I received from the Lord that which I also delivered to you: that the Lord Jesus on the same night in which He was betrayed took bread; and when He had given thanks, He broke it and said, "Take, eat; this is My body which is broken for you; do this in remembrance of Me."

Mid November and I think it is safe to say that we are in that season, or that time of the year, when people want to jump right into Christmas and bypass Thanksgiving all together. But we need to learn to be patient. But even more so, to be thankful. Sure, we want Christmas, honestly, because we get gifts, or stuff is given to us, and we think of it as that fun time of the year. And yes, we do also enjoy giving to others and seeing the joy on their faces when we give them that special gift that we thought long and hard about. But once again, we need to not jump the gun and stop and be thankful for ALL that God has done for us this past year, or even our entire life up to this point.

But maybe you don't see things to be thankful for. Maybe it has been a hard year for you, or even a hard life. *"How can I be thankful when it has been so hard?"* You may be thinking.

Now at this point we could make a laundry list of things that have happened to us over the year, and why it's so hard to be thankful. But you know what, one of the biggest causes of depression is the lack of thankfulness in our lives. I know personally that I suffer at times with severe depression. But God has shown me in those times to learn to be thankful, not for what is causing the depression, but for all the others great and awesome things God has done in my life. Once I start to be thankful, the depression goes away.

We have Jesus as the perfect example of that in today's verse, and if we read it too quickly, we will miss it. Let's read it again and see if you see it.

† ***For I received from the Lord that which I also delivered to you: that the Lord Jesus on the same night in which He was betrayed took bread; and when He had given thanks, He broke it and said, "Take, eat; this is My body which is broken for you; do this in remembrance of Me." 1 Corinthians 11:23-24***

I see two things here, and they are ***"the same night in which He was betrayed"*** and ***"He had given thanks"*** Stop and read those two phrases again and let them sink in deep into our hearts.

† ***"the same night in which He was betrayed"***

† ***"He had given thanks"***

Wait, Jesus was betrayed by His friend Judas Iscariot and He gives thanks. That just sounds crazy. Well, depending upon why Jesus was giving thanks could be craziness, or true

thankfulness. You see, when we read that, it is not Jesus being thankful that He was betrayed by Judas Iscariot, who would be beyond what we would call normal. But the truth is Jesus was thankful for what was going on in that moment, and it wasn't about Judas, but sharing the Passover with His close friends that night.

† *(Jesus) took bread; and when He had given thanks, He broke it and said, "Take, eat; this is My body which is broken for you; do this in remembrance of Me."*

Jesus was not caught up in the negative of being betrayed. He was more caught up in this special moment with His eleven disciples and sharing this last Passover with them.

So, there may have been things that have happened to us over the year, and some major things. But, if we focus on those things, then we are not focusing on the One who got us through those things. (Or for some, getting you through these things right now.) And that is Almighty God!!!

So, turn your sadness, depression and anxieties into praise, for ALL that God the Lord has done for you. First and foremost for salvation through His Son Jesus Christ, Who died for all our sins, and we get to go to heaven one day where there will be no more sadness. Now who can't be thankful for that!

† *Revelation 21:4 (KJV) And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.*

† *Psalm 103:11-12 For as the heavens are high above the earth, So great is His mercy toward those who fear Him; As far as the east is from the west, So far has He removed our transgressions from us.*

† *Psalm 97:12 Rejoice in the LORD, you righteous, And give thanks at the remembrance of His holy name.*

† *1 Chronicles 16:34 Oh, give thanks to the LORD, for He is good! For His mercy endures forever.*