

Greg Laurie says “In 1789, President George Washington designated the first national Thanksgiving Day when he issued a proclamation for “a day of public thanksgiving and prayer to be observed by acknowledging with grateful hearts the many signal favors of Almighty God.””

The primary reason we were put on this earth as human beings was to glorify God and to give Him thanks. The [Bible](#) tells us this again and again. [Psalm 107:1](#) says, “Oh, give thanks to the Lord, for He is good! For His mercy endures forever” (NKJV). [Colossians 3:17](#) says, “And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him” (NIV). [Hebrews 13:15](#) says, “Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name” (NKJV).

Yes, praise and worship can sometimes be a sacrifice because we don’t want to do it. And that might be because we are depressed or down or things aren’t going that well. It may be that hardship or tragedy has befallen us, and we don’t feel like praising God. **But the Bible does not say give thanks to the Lord because you feel good. Rather, it says, “Give thanks to the Lord, for He is good!”** We need to put things into perspective.

Again, Greg Laurie says, “Far too often we ask God for help, but when He gives it, we don’t offer Him any thanks in return. What would you think of a person who was always asking for resources and favors and never took the time to thank you? (Actually, I think we call them children.)”