



"Thank you" - just two words but they hold so much.  
God tells us to be thankful because  
He is so good and deserves all our thanks.  
But also because a thankful heart  
makes a huge difference to us.

Discover the power of thanksgiving  
and make it a way of life.  
You'll be so glad you did.



**Katherine Hilditch** has been teaching in local churches for many years. In 2013 she wrote her first booklet and since then has written many more. She created her website to make all the booklets freely available to everyone. They can be read online or printed out. Katherine's threefold purpose is to help people understand more about Jesus and all He has done and won for them, to encourage them to go deeper in their relationship with God and to provide material to help them share their faith with others. To read her story and find all the booklets go to –

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# THANK YOU LORD



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‘Thank You Lord’  
by  
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Unless otherwise indicated  
all Scripture quotations are taken from  
the World English Bible British Edition (WEBBE)  
(Any words in brackets are not in the original text  
but are included to help understanding)

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'Saying' thank you is so significant. Of course we can think our thanks and that will bless God. But when we speak it out loud, it blesses us too and builds us up in our relationship with Him. Romans 10:17 says – *'faith comes by hearing, and hearing by the word of God.'* Try it – it will lift your heart and keep your mind and heart in communion with God throughout the day.

Decide to be thankful to others and to God because He asks you to, but also as a heartfelt response to His unconditional love and care for you. See what a difference it makes. Psalm 100:4-5 sums it all up – *'Give thanks to him, and bless his name. <sup>5</sup> For the LORD is good. His loving kindness endures forever, his faithfulness to all generations.'* Thank You Lord!

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### *Being Born-Again*

When you accept Jesus as your Lord and Saviour you become born-again. God becomes your Father and you His child, and you can start to enjoy your personal relationship with Him.

Romans 10:9 says – *'If you will confess with your mouth that Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved.'* Say this prayer out loud and believe it in your heart – "Jesus, I declare that You are Lord and that God raised You from the dead to live forevermore. Thank You for dying for me personally. I receive my forgiveness and my salvation now. Thank You Jesus, my Lord and Saviour."

You are now born-again and Jesus has come to live in you. All your sins are forgiven, past, present and future, and you have a new perfect spirit. And after this life is over, you'll live in love, peace and joy with your Father God for ever.

## THANK YOU LORD

"Thank you" – just two simple words, but they hold such a lot. I love saying thank you to people and it warms my heart when someone thanks me. These two words can have such a huge impact. They can start a relationship or deepen one or make a connection with a stranger. Thankfulness is like a glue that holds people together.

The Bible talks a lot about being thankful to God. Thanking God glorifies Him. Psalm 69:30 says – *'I will praise the name of God with a song, and will magnify him with thanksgiving.'* And 2 Corinthians 4:15 says that grace – *'may cause the thanksgiving to abound to the glory of God.'* Glorifying God is reason enough to be thankful to Him. But it builds us up too. It marks the start of our relationship with Him as we are born-again – making Jesus our Lord and Saviour. And it deepens that relationship each time we say "Thank You Lord" from a sincere heart. (To read about being born-again, go to the end of this booklet.)

The relationship we have with God through Jesus is an intimate love relationship. Love is what it is based on and what motivates it and what fills it and sustains it. The more we love God, the more thankful we will be. And the more thankful we are, the more we will love Him. It's a wonderful upward spiral.

### *God Is So Good*

We have so much to thank God for. James 1:17 tells us that – *'Every good gift and every perfect gift is from above, coming down from the Father of lights.'* Anything good that happens to you or comes into your life is a gift from God. Thank Him and it

will bless you even more. Psalm 126:3 says – ‘The *LORD has done great things for us, and we are glad.*’ Being glad leads to being thankful and being thankful leads to a deeper joy and a greater appreciation of all God has done for us. It’s that upward spiral again.

It’s not only being thankful for the big things, but for the small, everyday things too. Philippians 4:19 says that – ‘*My God will supply every need of yours according to his riches in glory in Christ Jesus.*’ Thank Him for your food, for clothes to wear, for a roof over your head. Thank Him for running water and all the basic necessities of life.

Sometimes I’ve heard someone say that they have nothing to be thankful for. I’m not ignoring the hard situations that people can find themselves in, but even in the middle of huge difficulties there is always something to say thank you for. For example, you can thank God for the food you have and the clothes you wear even if they’ve been provided by a charity or a second-hand clothes shop. After a bad night’s sleep, you can thank God for the sleep you did have, however little that might have been.

And as a born-again believer we can always say thank you to God for saving us. Thank You Jesus for dying in my place. Thank You for bearing all my sin and taking the punishment for it. Thank You for coming back to life so I know I too will live for ever in an everlasting love relationship with my Father God. Thank You for loving me so much. Thank You for all Your promises. The list goes on and on. Psalm 103:2-5 says – ‘*Praise the LORD, my soul, and don’t forget all his benefits, <sup>3</sup>who forgives all your sins, who heals all your diseases, <sup>4</sup>who redeems your life from destruction, who crowns you with loving kindness and tender mercies, <sup>5</sup>who satisfies your desire with good things, so that your youth is renewed like the eagle’s.*’ Why would we not thank God!

You may well need to make a definite decision to get started. However, the more you do it, the more it will flow and it will soon become your natural response to God’s goodness. And then you will start to become more and more aware of His goodness. It’s the upward spiral yet again – such a good way to live your life. Declare with real intention Psalm 9:1 – ‘*I will give thanks to the LORD with my whole heart.*’ And then ask God to remind you and He will. Don’t beat yourself up if you forget. Just start thanking God there and then for reminding you and keep on being thankful.

## Thanksgiving Prayer

Thanksgiving prayer can be a simple “Thank You Lord” as you see something lovely or something good happens. But it’s also really good to make it the main part of any longer prayer time. Psalm 95:2 says – ‘*Let’s come before his presence with thanksgiving.*’ When you pray, if you start with praising and thanking God, it’s going to affect your attitude for the better as you continue to pray. It sets the tone of our prayers and reminds us that prayer is part of our relationship with God, not just a shopping list or a duty or a one-sided conversation.

## “Thank You Lord!”

Make a decision today to develop the habit of saying thank you to God for every good thing, be it small or large. Thank God for a beautiful sunny day, for the rain the earth needs, for a smile someone gave you, for your food as well as for the solution to a problem. And don’t forget to thank Him for His love and care when things are not going well. Thank Him for the answer to your prayers even before you see it. Colossians 4:2 says – ‘*Continue steadfastly in prayer, watching in it with thanksgiving.*’

Being thankful to God can change things for the better wherever we are and whatever is happening to us and whatever is going on. And it costs nothing. It is so worth doing.

## *The Power of Thanksgiving*

Luke 17:14-19 tells of ten lepers Jesus healed – *‘When he (Jesus) saw them, he said to them, “Go and show yourselves to the priests.” As they went, they were cleansed. <sup>15</sup>One of them, when he saw that he was healed, turned back, glorifying God with a loud voice. <sup>16</sup>He fell on his face at Jesus’ feet, giving him thanks; and he was a Samaritan. <sup>17</sup>Jesus answered, “Weren’t the ten cleansed? But where are the nine? <sup>18</sup>Were there none found who returned to give glory to God, except this foreigner?” <sup>19</sup>Then he said to him, “Get up, and go your way. Your faith has healed you.”’* The King James Bible says in verse 19 – *“thy faith hath made thee whole.”* All ten lepers were healed, but only the one who came back to thank Jesus was made whole. I think this means his body was restored as good as new – all the damage leprosy had done to it, eating away his fingers and toes etc, was reversed and he was whole. How powerful being thankful is.

## *Make It a Way of Life*

Once you realise the power of being thankful, you will want to make it a way of life. It’s not magic – it’s not about just saying the words like a child might who’s been told to say thank you but does so while thinking the opposite inside. It’s expressing your thankfulness from a sincere heart. Choose to think on God and His goodness, on the wonders of creation, on all Jesus has done and won for you, on all God’s promises for you and thanksgiving will soon rise up in you.

## *It’s a Command*

Psalm 107:1 tells us to – *‘Give thanks to the LORD, for he is good, for his loving kindness endures forever.’* God commands us to be thankful because it is His due as the One who has provided us with all good things, but also because it helps us experience so much more in our relationship with Him.

Colossians 3:14-15 says – *‘Above all these things, walk in love, which is the bond of perfection. <sup>15</sup>And let the peace of God rule in your hearts, to which also you were called in one body, and be thankful.’* After saying love is what should underpin and cover everything we do for God and for others, in this letter Paul talks about letting God’s peace direct us and then pulls it all together by telling us to ‘be thankful’. Being thankful helps us walk in love and live in peace. And that leads to being more thankful. It’s that upward spiral yet again!

## *Giving Thanks in All Things*

1 Thessalonians 5:18 says – *‘In everything give thanks, for this is the will of God in Christ Jesus towards you.’* It’s easy to be thankful to God when everything is going well. But He tells us to give thanks in all things. Notice that we’re not told to be thankful for all things, but in all things. There’s a huge difference. The bad things that come our way are not from God. Only good comes from God. Jesus says in John 10:10 – *“The thief (the devil) does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.”* Anything bad comes from the devil so we mustn’t thank God for the bad stuff, but we do need to thank Him for all the good He’s given us and promised us, even while we’re dealing with the bad. We can thank Him that He loves us and is

still with us. We can thank Him that He cares for us and is on our side. We can thank Him that Jesus has won the victory over the devil and that we will come through as we put our faith in Him. And for so much more.

Colossians 3:17 says – *‘Whatever you do, in word or in deed, do all in the name of the Lord Jesus, giving thanks to God the Father through him.’* We need to do everything as for Jesus, giving God thanks as we do it. Again, this is easy when we’re doing things we enjoy or things that are easy, but we’re told to do all in the name of Jesus. When faced with something you know you should do, but don’t want to do or something which is difficult, decide to do it for Jesus, thanking Him that He will help you.

## Not Being Thankful

Paul lists what people will be like as we get close to Jesus' return, and in the middle of it is being unthankful. It might seem surprising at first to find this in such a list. Read it in 2 Timothy 3:1-5 – *‘But know this: that in the last days, grievous times will come. <sup>2</sup>For men will be lovers of self, lovers of money, boastful, arrogant, blasphemers, disobedient to parents, unthankful, unholy, <sup>3</sup>without natural affection, unforgiving, slanderers, without self-control, fierce, not lovers of good, <sup>4</sup>traitors, headstrong, conceited, lovers of pleasure rather than lovers of God, <sup>5</sup>holding a form of godliness but having denied its power. Turn away from these, also.’* Not being thankful towards others and towards God is a sign that a person is thinking only of themselves and this has an impact on society as more and more people become unthankful. The list above calls the last days ‘grievous times’ meaning they will cause grief, pain or anguish. This is what happens when people are unthankful – it is one factor in a society that is falling apart.

Paul writes in Romans 1:21 – *‘Because knowing God, they didn’t glorify him as God, and didn’t give thanks, but became vain in their reasoning, and their senseless heart was darkened.’* Once again, not giving thanks to God is in a list of things which are only bad for us. Here it is a significant part of eventually becoming insensitive to God. This can never be a good thing for the individual person or for society as a whole.

I’ve noticed a real change during my lifetime. When I was young, everyone would say thank you if you stood to one side to let someone go by first. Nowadays, it’s unusual for that to happen. You may think that doesn’t matter – it’s a very small thing. But if people aren’t thankful in the small things, they are far less likely to be so in the bigger ones. In Luke 16:10 Jesus says – *“He who is faithful in a very little is faithful also in much.”*

## The Effect of Being Thankful

Being thankful to God can only ever be a positive thing to do. It has the power to turn your thinking around, to change your mood and lift your heart. It impacts how we see God and deepens our experience of our relationship with Him. We are better able to feel His love and presence with us.

Philippians 4:4-7 says – *‘Rejoice in the Lord always! Again I will say, “Rejoice!” <sup>5</sup>Let your gentleness be known to all men. The Lord is at hand. <sup>6</sup>In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God. <sup>7</sup>And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus.’* Here’s another list with being thankful in the middle, but this time it’s a positive list. When we put all this into practice, God’s peace will guard our hearts and thoughts.