And having food and raiment let us be therewith content. –1 Timothy 6:8

Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?

Which of you by taking thought can add one cubit unto his stature?

And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:

And yet I say unto you, that even Solomon in all his glory was not arrayed like one of these.

Wherefore, if God so clothe the grass of the field, which today is, and tomorrow is cast into the oven, shall he not much more clothe you, O ye of little faith?

Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

(For after all these things do the Gentiles seek;) for your heavenly Father knoweth that ye have need of all these things.

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof. –Matthew 6:25–34

And the Lord God prepared a gourd, and made it to come up over Jonah, that it might be a shadow over his head, to deliver him from his grief. So Jonah was exceeding glad of the gourd. –Jonah 4:6

But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law. –Galatians 5:22–23
And thou shalt remember all the way which the Lord thy God led thee these forty years in the wilderness, to humble thee, and to prove thee, to know what was in thine heart, whether thou wouldest keep his commandments, or no.

And he humbled thee, and suffered thee to hunger, and fed thee with manna, which thou knewest not, neither did thy fathers know; that he might make thee know that man doth not live by bread only, but by every word that proceedeth out of the mouth of the Lord doth man live.

Thy raiment waxed not old upon thee, neither did thy foot swell, these forty years.

Thou shalt also consider in thine heart, that, as a man chasteneth his son, so the Lord thy God chasteneth thee. –Deuteronomy 8:2–5

Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations. –Jeremiah 1:5

Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content. –Philippians 4:11

MEDITATION:
Take a moment to clear your mind of everything except these verses. Do not think of your opposition, that large paper, the confusing parts of the job, or anything that might subtract from one simple message:

God Will Take Care of You

If you are searching for something during your trials to be thankful for, think of all the ways God has brought forth your needs. In every trial and tribulation, every flaw, every blessing, every curse, think of the way God has carried you through. As 1 Timothy 6:8 says, we should be content with only food and raiment. Everything else is an added blessing: our homes, our transportation, our families, and even the smallest of our pleasures are simply additions to life. We walk past blessings every day, but because we've grown so used to them, we take them for granted. You may be wondering what a collection of verses on being content could have to do with thankfulness, but I tell you that contentment is thankfulness and thankfulness is contentment.

Say this to yourself: “I am content with my livelihood.”

Now say, “I am thankful for my livelihood.”

Though it may sound minute, contentment is the same as being thankful. You don’t want the thing you are content/thankful for to go away, correct? If you are content with your meal, would you wish to go back and prevent yourself from eating it? If you are content with your significant other, would you stop yourself from marrying them? Do you want to separate yourself from them? No. They make you happy and fill a void in your life.

Furthermore, Christ himself tells us why we should be content in Matthew 6:25–34. Will worrying bring you any changes? Can you make yourself taller by thinking about it? No. But, follow after God and he will bring you rest. God will provide. Even amid his punishment of the Israelites, God kept them secure (with food and raiment mind you) in the wilderness (Deut. 8:2–5). When Jonah
was upset at the Ninevites, God supplied him a gourd by which he was shaded. God knew you before you were even formed says Jeremiah 1:5. God knows everything about you and wants a relationship with you. So, knowing God is for us (and who can be against us), I leave you with Philippians 4:11; “Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content.”

Take this day my brothers and sisters in Christ, to remember what you are thankful for.

REFLECTION:
As you read these scriptures and meditations, what have you been taking for granted? Is there someone in your life who you have not told they are a blessing? Are you worried about something and trying to keep it out of God’s hands? Is there someone around you who doesn’t know how much you care for them? Let the love that Christ has shown us shine through you. Our world is so strange and cold, let others know that you are a warmth from the bitter spiritual weather.

PRAYER:
Dear Lord,

We come to you at this time to thank you for all you’ve done for us.

Lord, our days just become so rambunctious that we often lose sight of you. We forget that because of your Son’s sacrifice on Mount Calvary, we can come boldly to the Throne of Grace.

Lord, we pray that you forgive us of the sins that so easily beset us. We pray for a new beginning with you.

Lord, as we enter the endings of this year and the beginnings of the next, we pray that there is a change in our hearts. Let the light of you shine through us so that we may lead others to your wonderful grace.

We ask that you assist us in our day-to-day activities and not let the glorifying of you become commonplace in our lives. Lord, don’t let us forget that you are the reason for it all. Let us find ways to communicate you to others in our specific fields and disciplines.

Lastly, Lord, we pray that you send mercies on our hearts so that we may be a blessing to those around us.

Let us all be thankful from now to always.

Amen.
ABOUT THE AUTHOR:
Sean Grimes is a 24-year-old Texas-born Baptist chicken farmer currently studying at Gordon College in his senior year. He is majoring in biology with a marine focus and minoring in English. Sean is the current Vice President (VP) of the ASA Gordon College Student Chapter. He is also a member of Sigma Tau Delta, an English Honors Society.

Sean heard about the ASA through a close friend who was the president of the Gordon College Chapter in 2021. Though that friend has since stepped down from that position, Sean still fulfills his roles of VP by writing emails and speaking on behalf of the president of the Gordon College Student Chapter.

Sean attends Tabernacle Baptist Church three times a week when possible and hopes to one day move to the area around Peabody, MA, so that he may be rooted in his church. Sean's plan for a future career revolves around scientific communication so that he may help bring up the next generation of scientists.