SCRIPTURE:
“Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” —1 Thessalonians 5:16–18 (ESV)

MEDITATION:
I find myself questioning God and asking him, why I am facing my current circumstances, why I am not in medical school yet, and why am I facing hardships now. Seldom do I remember to be grateful and give thanks to God for where he has led me and for what he has provided. In truth, when I look back to think about where I hoped to be now, my current circumstances are better than I could have asked for.

Toward the end of my senior year at Gordon College, I did not have housing secured and I was seeking to find a community of believers in the Boston area. God provided with both through Longwood Christian Community, an intentional Christian living community composed of healthcare professionals. Looking back, I never expected to find or be a part of such a community, but God provided for me. Even though circumstances may be difficult—research and the MCAT are still a grind—I need to constantly remind myself to give thanks in these circumstances because it is God who has led me here.

REFLECTION:
As you read through these verses consider the following questions:

- How often do you intentionally express gratitude, even in difficult situations?
- Can you identify aspects of your life for which you can be thankful, regardless of your current circumstances?
- How might you deepen your awareness of God's presence in your daily activities?
- How can you cultivate a spirit of rejoicing, even in challenging circumstances?

I would encourage you in all circumstances to give thanks to the Lord, be faithful to his word, and trust in his will; it is all that he asks of us.

PRAYER:
Heavenly Father,

We come before you with hearts filled with gratitude for the wisdom and guidance you offer us through your Word. We thank you for the words of the
Apostle Paul, reminding us of the importance of rejoicing, praying, and giving thanks in all our circumstances.

Help us, Lord, to find joy in the simple moments of life, to recognize your presence in the everyday. Teach us to be in constant communion with you, seeking your wisdom, comfort, and guidance.

In moments of challenge and adversity, grant us the grace to see the lessons and the opportunities for growth so that we may grow closer to you. Cultivate in us a spirit of gratitude that transcends circumstances.

May we live out these teachings, embodying the spirit of joy, prayer, and thanksgiving in all that we do. May our lives be a testament to your grace and love.

In Jesus’ name, we pray. Amen.

ABOUT THE AUTHOR:
Matthew Ravichandran graduated from Gordon College in May 2023 with a BS in biology and led the ASA student chapter during his time there. He is an aspiring physician scientist and is currently a research technician in the Puigserver Lab at Dana-Farber Cancer Institute, where he is studying the mitochondria’s role in various diseases including cancer, diabetes, and mitochondrial diseases. He attended ASA 2022 in San Diego and was a winner of the poster contest at ASA 2023 in Toronto.