

We Give Thanks

by Mike Tucker *

“We give thanks to you, O God, we give thanks, for your Name is near; men tell of your wonderful deeds. As for me, I will declare this forever; I will sing praise to the God of Jacob.” Psalm 75:1, 9

Giving thanks may at times be simply a matter of perspective. Those who are able to keep things in perspective are able to adopt an attitude of gratitude. Those who do not maintain the proper perspective are always dissatisfied, unhappy, and longing for more.

A fascinating study done by Professor Vicki Medvec reveals the relative importance of perspective in adopting an attitude of gratitude. Medvec studied Olympic medalists and discovered that bronze medalists were quantifiably happier than silver medalists. Here's why: Silver medalists tended to focus on how close they came to winning gold, so they weren't satisfied with silver; bronze medalists tended to focus on how close they came to not winning a medal at all, so they were just happy to be on the medal stand.

As we approach Thanksgiving, this most American of holidays, will we be able to maintain a perspective on life that will enable us to join the Psalmist in giving thanks for God's wonderful deeds, or will we choose to be unhappy and dissatisfied? The choice is ours alone.

This Thanksgiving, I vow to banish complaint and focus exclusively on praise and thanksgiving. Won't you join me?

As for me, I will declare this forever; I will sing praise to the God of Jacob. Psalm 75:9

With Love,
Mike

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