JULY 9, 2026

EXERCISE IN JOY AND THANKSGIVING (PT. 2)

READ THROUGH THE BIBLE

NEW TESTAMENT PLAN

Matthew 17-18

1 YEAR PLAN

Proverbs 14-15

Text: PHILIPPIANS 4:4-8

I listened to a message recently where the preacher was talking about a man of God who had a close relationship with our Father in the faith, Bishop Oyedepo. He said they were taking a walk, and within the space of walking together, Daddy had given thanks to God over seventy times. I do not mince words when I say a sign of a man who is in close communion with the Holy Ghost is that thanksgiving is not far from his lips. I mean, who stays in close communion with the Lord yet does that which He abhors? (1 Corinthians 10:10). Complaining is a dangerous, negative habit. It embitters the soul, sours the spirit, ignores the rich blessings of God, and robs one of the joy of life.

Someone may say, "I don't know how to exercise myself in thanksgiving. I can do a few days, but I land back in complaining and murmuring, or giving myself to anxiety." Truth is, you are already exercising yourself. So you can actually exercise yourself the other way if you give yourself to it, just as you have previously given yourself to the life of the flesh or the ways of the old man.

Let's not deceive ourselves. Communion, which fundamentally means the sharing of intimate thoughts and/or feelings, should leave us transformed. So when the Lord shines light on an area like this during church services, and further brings it home to your heart, and you choose neither to exercise yourself in it nor to see that there is a need to drop a particular way of life, it means you came into communion and chose to remain the same. The real essence of communion with the Holy Spirit is to leave us transformed.

The putting off of the ways of the old man and the putting on of the new man in Ephesians 4:22-24 remains, therefore, a deliberate exercise of ourselves in the things that we have seen and heard, obeying until we are changed, until the nature of the new man, Christ Jesus, is formed in us.

The days of our lives ahead give us plenteous opportunities to either rejoice and give thanks, or to complain, murmur, be anxious, be full of cares, and everything else the Scripture admonishes us against. Brethren, be encouraged. We have previously exercised ourselves in complaining and murmuring. You can teach your lips and your heart to unlearn what it has previously held, and begin an exercise in rejoicing and giving thanks today. Try it! Exercise yourself in it!

Further reading: Philippians 2:14 1 Corinthians 10:10

Prayers:

Lord, help me not to mumur or complain, but to rejoice and give thanks always.

Confession:

I had previously exercised myself in complaining and constant anxiety, but now, I choose to exercise myself in thanksgiving and rejoicing. This will be my heart disposition going forward. So help me God.

Song suggestion: Sonnie Badu - Rejoice