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Every Remembrance of You

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"I thank my God upon every remembrance of you," (Philippians 1:3, NKJV)

Although Paul was in prison, he never neglected the practice of praise. Research shows that people who frequently write down things they are grateful for reap many benefits, including increased physical health and happiness. Could it be that remembrance and thankfulness go hand in hand? As Thanksgiving approaches, exercising gratitude for others in our lives not only enhances our relationship with God but also strengthens us through life's difficulties.

Every time Paul remembers the Philippians, he reminds them that he thanks God for their presence in his life. His church family has helped him in difficult times with support and love while he was in prison. Usually, captors did not provide food for prisoners in Paul's world. Therefore, Paul would have been completely dependent on his friends for support. He remembers all the good deeds they have done for him and how grateful he was for them. He shares this sentiment when he says, *"How I praise the Lord that you are concerned about me again. I know you have always been concerned for me..."* (Philippians 4:10, NLT)

Everyone goes through difficult times, and the presence of a supportive community can be a source of tremendous comfort. The presence of others in our lives can remind us that we do not have to go through tough times alone. This Thanksgiving we can thank God for those He has placed in our lives whom we can always count on for support and encouragement. Such people can make tough times more bearable. Their presence reminds us that when we are surrounded by a prison of circumstances, God can meet our needs through our family in Christ.

Friendship is one of the greatest gifts we can receive in life. It can be a source of comfort, support, and love during difficult times. According to Ellen White, "sadness and discouragement press every soul; then a personal presence, a friend who will comfort and impart strength, will turn back the darts of the enemy that are aimed to destroy." (Sons and Daughters of God, pg. 161)

Thankfulness is a powerful emotion that can help us through difficult times. The presence of others in our lives who are supportive and loving can remind us that we are not alone. This Thanksgiving, let us be grateful for the people God has placed in our lives and thank Him for His presence through the love and support of others.

Reflect

1. Who has been there for you recently during challenging times? What was this person like? How did they meet your needs?
2. Take time to pray and give thanks for those God has placed in your life.
3. Who is God calling you to encourage this Thanksgiving? What can you do to let them know you are there for them?

Prayer and Resources

- Follow **@ministryandmissions** on Instagram for updates on events and programs as well as encouraging messages and [check out our website](#) for many new resources.
- **Talk** with Chaplain [Anna Bennett](#) or [Joseph Khabbaz](#) if you need someone to pray with or have a desire to grow spiritually.