

*Let us give  
thanks*



## Thanksgiving Day

"Give thanks to the Lord for he is good, for his mercy endures forever. Give thanks to the God of gods, for his mercy endures forever. Give thanks to the Lord of lords, for his mercy endures forever." (*Ps 136: 1-3; NAB*).

For what ought we to be thankful to God? In the Letter to the Ephesians St. Paul suggests a number of things for which we ought to thank God - the most important gifts God has given us. He writes: "Praised be the God and Father of our Lord Jesus Christ, who has bestowed on us in Christ every spiritual blessing in the heavens! God chose us in him before the world began, to be holy and blameless in his sight, to be full of love; he likewise predestined us through Christ Jesus to be his adopted children - such was his will and pleasure - that all might praise the divine favor he has bestowed on us in his beloved. It is in Christ and through his blood that we have been redeemed and our sins forgiven, so immeasurably generous is God's favor to us. God has given us the wisdom to understand fully the mystery, the plan he was pleased to decree in Christ, to be carried out in the fullness of time: namely, to bring all things in the heavens and on earth into one under Christ's headship. (*Eph. 1:3-10*). To these we can surely, with a little effort are recalling and reflecting, add many other reasons for which to give thanks to God this Thanksgiving Day and other days.

## The Mass, The Sacrifice of Thanksgiving

"The Eucharist, the sacrament of our salvation accomplished by Christ on the cross, is also a sacrifice of praise in thanksgiving for the works of creation. In the Eucharistic sacrifice the whole creation loved by God is presented to the Father through the death and the Resurrection of Christ. Through Christ the Church can offer the sacrifice of praise in thanksgiving for all God has made good, beautiful, and just in creation and in humanity." (*CCC 1359*). "Let us give thanks to the Lord, our God. It is right to give him thanks and praise." (*Introduction to the Preface of the Eucharistic Prayers*).