

Thank You
GOD



Finding Gratitude in Hard Times



Author: R. Lindemann

theories being consistently spread abroad to the masses, theories which now have become socially accepted as “settled scientific fact”. His position is that when dealing with any of the sciences, accuracy is paramount to having true understanding of any topic. He states that, “People’s desire to push their own agenda, all too often overrides their accuracy and turns into a system of beliefs and denial of actual evidence, rather than accurate evaluation of the information using true science.”

He feels that true human logic is important and that it has been overridden through methods of modern indoctrination. In effort to help others navigate through the fog of misinformation and enhance their own understanding, he has gone through the process of writing many books on some of the most prominently misunderstood topics.

His current bibliography includes the books *Bending the Ruler* about astrophysics, *Dream Thin* a plain language instruction manual to understand weight loss, and his four-book *Life Corner Stone Series* which includes the books *Hot Water*, *Red Hot Marriage*, *Strong Family*, and even *Understanding Prayer* exploring the effectiveness of prayer and its effects on our bodies and whether or not prayer to a higher power is scientifically realistic. He also wrote the five-volume series called *The Science Of God* analyzing the viability of the Genesis Creation account and the Global Biblical flood. To get your own copy of these or his other books, visit RLindemann.com or search “R Lindemann” on your preferred book retailer’s website or wherever books are sold.

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Author Bio

With over four decades in contract-engineering, this author has worked extended periods in several engineering fields, including chemical, electrical, and mechanical engineering, among others. This experience has offered him unique insight into key aspects of our physical and chemical world. Having also been heavily involved in the detailed data analysis that is required in various engineering fields, he was able define many core connections between physics, chemistry, our bodies, human behavior, and even how it all affects our beliefs and our decisions.

Addition Bio Info

After having extensively studied the physical sciences, he began to see irrational

Thank You GOD

Sample Interview Questions

*For additional discussion points, see the detailed **Table Of Contents** following this page.*

- 1.) Was writing and becoming an author something you were always interested in doing?
- 2.) Why did you write ***Thank You God***, and why did you title it “***Thank You God***”?
- 3.) Do people need to thank God?
- 4.) How can your book ***Thank You God*** help people when they are going through tough times?
- 5.) Do people have to pray to God if they follow the thoughts in this book?
- 6.) Does this book, ***Thank You God***, guide people when life is getting the best of them?
- 7.) Are there any techniques that people can do in effort to find things to be thankful for?
- 8.) Is ***Thank You God*** only for people who are experiencing tough times?
- 9.) Chapter 7 is titled “*Prayer and Praise are different*”. Tell our listeners a bit about that.
- 10.) It sounds like you are implying that we choose to be miserable. Is that accurate?
- 11.) In ***Thank You God***, you mention that people can choose to be *Joyful* versus being *Happy*. Aren't *happiness* and *joy* the same thing?
- 12.) What do you hope people will get out of your book ***Thank You God***?

Please mention: To get your own copy of *Thank You GOD - Finding Gratitude in Hard Times* visit RLindemann.com, or search “R Lindemann” on your preferred book retailer’s website or wherever books are sold.

When searching, spell the name: “R space L-I-N-D-E-M-A-N-N”

Other Books by R. Lindemann

Bending The Ruler

*Time Travel,
The Speed of Light,
Gravity,
and The Big Bang*

The Science Of God Volume 1

The First Four Days

The Science Of God Volume 2

*Day Three
Gravity, Land, Seas,
and
Evolution of Plants*

The Science Of God Volume 3

*Day Five and Day Six
The Creatures
Revolution or Evolution*

The Science Of God Volume 4

*Day Six
Evolution versus Man
In Our Image*

The Science Of God Volume 5

*Boats, Floods, and Noah
The Deluge*

Understanding The Bible

*The Bible How-To Manual
AND
The Things We Don't See*

Hot Water

*Your Perceived Identity
The Life Repair Manual*

Red Hot Marriage

*Made in Heaven
Filled with Passion and Joy
The Marriage Manual*

Strong Family

*A Foundation of Rock
The Family Repair Manual*

Understanding Prayer

*Why Our Prayers Don't Work
The Prayer How-To Manual*

Thank You GOD

Finding Gratitude in Hard Times

Understanding The Church

*Upon This Rock
I Will Build My Church*

Dream Thin

*The Weight Loss
Repair Manual
Lose Weight While Sleeping*



R Lindemann

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Introduction

There are many things we can say to those around us and to God, but the one thing that we all too often forget to say is, “Thank You”. When we do actually manage to remember to thank someone, it’s usually done in a lackluster manner with a “yeah, thanks” or just “thanks”, and sometimes it’s nothing more than a glance of acknowledgement. Is this enough?

Is it enough to offer only a glance of acknowledgement? In some cases, yes, it is enough because when people go overboard with saying “thank you” constantly it can really slow things down and interrupt the flow of life, and we all understand this in our own way. But it’s not the muted “thank you” we often offer via a glance of acknowledgement for the little things, it is the lack of thanks for the big things that many, if not most, of us need to address in our own lives.

A proper “*thank you*” can go a long way. I want you to recall how, at some point in your life you likely have done something for someone else. It could have been giving a gift, or simply lending a hand, or helping someone that just got injured, or anything else for which they somehow showed their gratitude and acknowledged you directly by letting you know what a difference your gesture made to them. It’s possible that you never experienced this if you’re not an outgoing and helpful person, but most people have at some point felt this acknowledgement, and it is quite rewarding.

Some of us are very good at expressing thanks to others, but most of us struggle in that area. Sometimes it’s an issue of being shy, and for others it may be an issue of being arrogant and not

feeling as if we owe anyone any thanks. But for most of us, it's just a matter of our preoccupation with ourselves, and, more to the point, our preoccupation with our problems.

Life can wind us up pretty tight at times, and as we attempt to mentally process our way out of the tangled web that we have woven, we forget to acknowledge those around us. Nowhere is this more true than with the thanks that we owe to God—our Creator.

People can do some very good things for us and if it's a big enough deal, then we usually find it within ourselves to remember to offer our sincere gratitude and thanks to them, yet we often fail to, or forget to do this with God. Do we owe God any thanks at all? And when life is really beating us up in what appears to be unfair blows, do we have anything to be thankful for? Consider those questions as you read on.

Chapter 1

Realize the Need

Have you ever been down and feeling the weight of the world, and at the same time feeling like you have nothing to be thankful for? Life can hit us pretty hard at times and often it is unfairly so. When we face troubled times in our own lives it's hard to find things for which to be thankful. Even when good friends point out good things that are in our lives, we often still find it hard to be grateful and thankful for those good things. Sure, when things are great it's easy to be thankful, but even then we're usually too busy to give it much thought. The 1954 Irving Berlin song "Count Your Blessings" has a pretty profound statement in it: "When you're worried and can't fall asleep count your blessings instead of sheep."

Being thankful is a peculiar part of us and it has a tendency to shrink or grow depending upon our situation and our attitude. When we're feeling overwhelmed by life and are feeling down we have to work extra hard to coax our thankfulness out of ourselves. Easier said than done, right?

Chapter 2

Happy to Exist

What really does it mean for something to “exist”? Do you *exist*? The subject of existence can quickly get rather philosophical and end in meaningless petty debate, but we’re going to be a bit more practical here. The first point to consider is what *existence* actually is. If you’re holding something in your hand then it exists. This is made evident by the fact that you can see it and feel it in your hand. But what about you? Do *you* really exist? Of course you do, and that fact is made evident by simply looking at your hands and clapping them together to hear the sound and then clasping or rubbing your hands together to feel them. But is that really actually *you* that you’re feeling or seeing? This is the point where things get cloudy for us and where philosophical and scientific debate enters the discussion.

“Scientifically” and in a godless sense, we think that our body is us, and when the body dies then that is our end. But this is greatly debated and is highly doubtful, and it is where people choose different schools of thought. Yet it doesn’t matter what we choose because there is a truth and that truth will stand no

Chapter 3

Rise Up When Times Get Tough

When we struggle during our tough times we need to have something, or some thought, to grab hold of to help to pull us through. This is why God is so important for so many of us. We live in a society that sees struggle as “failure”, rather than as the opportunity for extensive learning that it is. Sure it hurts during the painful struggle-education period, but when we choose to utilize that time and the lessons learned as guides to our future, it then becomes invaluable to us. It’s during our struggle-education process that being close to God is often quite helpful and strengthens us, thus allowing us to rise up when times get tough while helping us endure the pain of those times.

It’s not particularly comforting hearing these things as we suffer through those times because we typically already know this, yet most people’s “tough times” don’t really compare to something such as the suffering of being beaten and then nailed to a cross.

Rise up and stand strong when times get tough because those times are a test of your real value, and your personal future worth

Chapter 4

We All Must Seek the Way

The Light of Truth is the high ground that we all desire, but our problem is that we can't seem to find our way there. There is a straight path to get there, but we are all generally too blind to see it. Sometimes we find what appears to be a good guide to lead our way, but we soon find that we and our guide have gone terribly off course and we have gotten lost. When our way is lighted by the Light of Truth, then finding our way becomes far easier.

This is where and why we struggle so much. Sure, when we have the Light it's easier to find our way, but we have to actually look for the path to begin with. And in order to actually look for the path we first have to realize that the path exists.

This is one of those if-you-don't-know-then-I-am-not-going-to-tell-you type situations. We all need to come to the realization that paths do exist and that there is a path to the Light and a path to our destination. When we don't know or understand this then we won't even know to look for those paths. If we don't know enough to look, then we're in a bit of trouble because when we

Chapter 5

A Breath of Fresh Air

When we conceive our ideas and realize that our *paths* actually exist, then we can rise up and stand strong and find our own path that leads the way to our own blessed future. It is this fundamental ability that allows all that we do. For this ability alone we owe a great debt of gratitude to the most high God during both good *and* bad times. Without this ability nothing much would ever change and we would not have the ability to change the course of our own future.

A Whisper of Your Breath

While it is good to sometimes shout from the mountain tops and proclaim the Glory of God, the Creator is generally very quiet. And we have no need to shout when praying or talking to God. But with our inability to have strength of faith and our inability to see things clearly, and quickly understand them, we need to say things out loud so that *we ourselves* hear them.

Chapter 6

Sticking with It

This chapter has some similarities to the *Rise Up When Times Get Tough* chapter, but “*Sticking with It*” doesn’t pertain to only standing strong through tough times. Sometimes we might lose interest because something is taking too long, or we just simply lose interest. We often see this sort of thing in our children when they jump from one interest to another.

It’s not necessarily a bad thing that our current point of interest jumps from one thing to another, but it can be irritating for the parents of children who do this. This lack of focus is usually done by people who have very active minds and it is our job as parents to help them better focus that energy. This is no different in our own relationship to God.

When we keep approaching God and asking for one thing this week, and then an opposing thing next month, it has to be somewhat annoying to God and can affect our own results with what we have already been given. If you actually make it into the presence of God with your requests and have those requests answered and you then change your mind, the changes in

Chapter 7

Prayer and Praise Are Different

When addressing God, realize in your own heart that *praise* and *prayer* are two entirely different points. *Praise* is to give Glory to God, where *prayer* is more connected to requesting something *from* the Creator. If you're already doing both then it's not as critical that you realize that there's a difference between the two words, but it is still personally important to us that we all understand the difference between the two concepts of *praising* versus *praying*.

When we don't distinguish between these two concepts then we do a whole lot more asking and very little thanking and Glorifying of God. But when we understand that there is a difference between *prayer* and *praise* then we are more aware and are more likely to give Glory to God who, as the Creator of all things, certainly deserves praise and Glory from us for nothing more than Creation itself. And then add to that, the fact that we also have many of our prayers answered for which we owe a deep debt of gratitude. But let us not forget that while we might not notice it, we are also being protected from much darkness and

Chapter 8

In My House

Ever since the time of Creation, mankind has been able to live in a house of God, that is to say the Earth. Not that God lives on the Earth like we do, but the Earth is the property of the Creator and we were put on Earth to care for it.

The Earth is Our Vessel

Just as your house is likely a point of pride and a place of safety for you and your family, so too is the Earth to God and a place of safety for us. Imagine a friend or neighbor coming into your home and destroying parts of it or thinking that *they* best know how much light you need in your home, so they cover your windows with boards, all without your permission.

For most of us, we would promptly ask them to leave and we would show them to the door. *We* are responsible for our homes, both the wood-and-nails boxes we live in and the vessel we call “Earth” as well as our bodies.

Chapter 9

Embrace Thy Self

Second to the Creator, *you* are important to *you*. Obviously the Creator is more important to you than you yourself are because without the Creator nothing would *be*—including you. But *you* are very important to *you* above all else. If you had never been born then you would not *be* and so you wouldn't matter. But you are here and you're reading this, making it evident that you are a spirit *being* in the body-vessel that belongs to you.

Accept yourself as a unique individual and embrace yourself for what you are. You were Created with *purpose* and for *good* to dwell with God's Great Spirit as a companion to explore and see and share in all of Creation.

Too many of us claim that we dislike ourselves and we go out of our way to prove it. We also pretend that we're someone else by copying their foolish actions or behavior, thus following them down their path to destruction, and in doing so we're nothing but cheap and poor imitations of fools.

Chapter 10

Dedication to the End

How many times have we made some promise to God where— if only this would happen or if that would happen—but then when it happens, we somehow forget our promise or we claim that since we did it on our own we're not responsible for the promises we made?

Our dedication to our commitments is lacking in every imaginable way. We see things *our way*, do things *our way*, and want things *our way*, but we fail to see things **God's** way. We're typically more dedicated to our own folly than we are to the good that the Creator is attempting to bestow upon us.

We all really need to refocus our dedication to the commitments that we made to the Creator over the years. Re-examine your commitments and discuss them with God, making sure to do more than just *hear* God's whisper, because you also need to *listen* to that whisper.

Chapter 11

Be Ready to Receive It

Many of us are guilty of rejecting *good* gifts from God. When stating that we are “guilty” of this, it is not intended to mean that it’s wrong for us to decline a gift, but rather that is it foolish to decline a gift *from God*.

We often get caught off-guard when good things come to us because we’re accustomed to having to work very hard for what we get. Often, good things do come to us and we fail to accept and embrace them, but when something bad comes to us we quickly accept it as a “normal” or as an acceptable part of life. What we need to do is to reject bad things and be ready to accept good things in our hearts. When bad comes to us we have this, “*oh, that’s just the way life is*” attitude, and it is true that life is often unfair, but we need to reject any unfairness and *overcome it*, rather than just accepting the barrage of unfairness that often comes our way. Overcoming unfairness is how successful people actually succeed.

Our ability to receive *good* is our best defense against the unfair aspects of life that come at us. When we ready ourselves

Chapter 12

Don't Be Led Astray

We can have our goals firmly set in mind and be walking in the Light of Truth and still be led astray. Evil is always lurking to lead us down a darker path, and those darker paths have varying amounts of light that gradually lead to total darkness.

With each step we take away from our proper and good paths, we see less and less Light and yet we don't notice the changes because they are gradual small increments. As we follow these darkening paths we lose our light little by little, and if we are lucky we will look away from the increasing darkness and realize that we have been led astray and have gotten well off of our proper course. But if we never take the time to look around us because we are so focused on our current trip down those paths leading to darkness, then we will never notice the contrast between where we are now versus from where we have come. Stand strong in your light and always be wary when a path that you are about to step onto is not as well Lighted.

Chapter 24

In It for the Long Haul

When we live life we often bounce around like a tennis ball being smacked back and forth as the players hit the ball to-and-fro. One day we decide *this* and the next day we decide *that*, and the next day we decide on *this* again. One day we have dedicated ourself to God, and the next we find an excuse to retract, and then on another day we become dedicated again.

The Christ talked about not being double-minded and about not being lukewarm. The Bible indicates that we would be “spewed out” because we were “lukewarm”. Revelation Three says “But because thou art lukewarm, and neither cold, nor hot, I will begin to vomit thee out of my mouth. Because thou say: I am rich, and made wealthy, and have need of nothing; and know not, that thou art wretched, and miserable, and poor, and blind, and naked. I counsel thee to buy of me gold fire tried, that thou may be made rich; and may be clothed in white garments, and that the shame of thy nakedness may not appear; and anoint thy eyes with eye salve, that thou may see.”

If you’re going to get in it, then get in it and do so with passion so that you are not being double-minded. People wrongly think that if they go to church then all is well, but this is not true. I can