Why should be thankful for my health if God controls who gets sick and who doesn't? I should be thankful that I am healthy and then I look beside me and see that he allows a person to be in excruciating pain?

All that God does is: good (Ps 31:19), helpful (Jn 10:10, Ro 8:26, 28) and holy (Ps 16:10). His people are satisfied with him (Jer 31:14).

In the Garden of Eden man had no sickness or disease (Ge 1:31); but, after the fall men now live with illness (Ge 3:1–5).

When one suffers, the Christian suffers with him (1 Co 12:26; Phil 1:29) after Christ's example (Phil 3:10; 1 Pe 2:20, 21). Jesus was a man of sorrows acquainted with grief (Is 53:3).

Man sinned (1 Pe 1:18, 19). God did not (He 4:15). God did all that he could to make a way for men to live with him forever (1 Pe 1:18-19).

It is the believer's duty (2 Thess 2:13) and pleasure, dwelling in the Lords' presence, to be thankful for his blessings (Ps 140:13). Thankfulness is a characteristic of the angels in heaven and saints on the earth (Re 7:12).

It is God's will that men rightly thank him (1 Thess 5:18). He has been good to us (Mt 5:45; Ac 14:17, Ro 5:8).

It is a privilege to suffer for the cause of Christ (Ac 5:41).