

Navigate Life With Gratitude

The Psalmist David wrote: *“Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise his name....”* Psalm 100:4 (NLT)

Maya Angelou wrote: *“Let gratitude be the pillow upon which you kneel to say your nightly prayer. And let faith be the bridge you build to overcome evil and welcome good.”*

Celebrations: Rituals of Peace and Prayer

Today's Talk is about all of us working hard to live in a spirit of gratitude. We can easily show gratefulness to people who momentarily make us happy. One of the best ways to enhance gratitude is to express it to the people that put smiles on our face and made our hearts beat just a bit faster due to their words of love and gratefulness. Practicing thankfulness leads to perfecting the way we express our love for one another.

Starting each day with a grateful heart and positive thoughts is a huge catalyst to enhancing our love and care for people. Each day we are faced with “bad” news about the happenings in the world. Fussing and complaining does not relieve the tension and melancholy, and we must recognize that happiness is not the absence of problems. Rather, it is the ability to deal with them and be grateful for gifts we receive from God, family, friends and total strangers no matter their appearance or background.

Appreciating God's created wonder throughout the Earth and into our view of the Universe happens while walking barefoot thorough thick, soft grass in the spring. In those moments it is easy to imagine feeling that my feet are one with the earth. Then we draw from its strength and beauty to enhance the life we love. It is the kind of activity that helps us appreciate the good in people we encounter while experiencing God's love evident in all creation.

Each new day affords the opportunity to express our gratitude to God and live into our view of the Universe. It is important in those moments to be thankful for what we already have and avoid pleading for what we do not have. Over the years, I have questioned people in Bible Study classes about the ways and when they offer gratitude to God. Many have a personal ritual each morning when they wake to start their day after a full night of slumber. I'm no exception.

Personally, each morning when I wake, I repeat the same message to God to fully express my thankfulness for His place in my life and that of my family and friends like you. Our heart drives our compassion, and like Piglet in Winnie the Pooh, I feel I have a “very small heart,” and I know it can “hold a rather large amount of Gratitude.” A.A. Milne, Winnie the Pooh.

Wouldn't it be wonderful to recognize Piglet's words in our own lives and know we have the capacity to be grateful for all God's gifts we encounter daily. Thanks be to God.

Peace always,
Ted