

## A Series about Walking with Grace and Gratitude

"Come, let's sing out loud to the Lord! Let's raise a joyful shout to the rock of our salvation!  
Let's come before him with thanks! Let's shout songs of joy to him!  
The Lord is a great God, the great king over all other gods."

Psalm 95:1-3 (CEB)

### ***Walk in an Attitude of Gratitude***

In the 53 years Sandy and I have been married, I have managed to publish a love poem most of the Valentine days. This year was no exception. I will admit that words float casually through my brain. However, the order of the words gets more and more complicated. Written as love poems, the reality is they are written to let her know how grateful I am for her care and comfort for me. This past surgery is a prime example of the large amount of care I receive, cherish, and attempt to reciprocate.

Starting each day with a grateful heart and positive thoughts is a huge catalyst to expressions of love and caring for people on every inch of the home we call Earth. Each day we are faced with "bad" news about the happenings in the world. Fussing and complaining does not relieve the tension and melancholy, but perhaps we can 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.

One of the best ways to enhance gratitude is to express it to the people who have either momentarily, or continually, made us happy. Practicing thankfulness leads to perfecting the way we express our love for one another. I believe wisdom deserves to be renewed and take its place among goals one might strengthen. When you believe that practicing expressions of forgiveness, gratitude, only then will enhance wisdom develop.

Walking barefoot thorough thick, soft grass in the spring and feeling as though your feet are kissing the earth glorifies God. It is the kind of activity that helps us appreciate the good in people we encounter. Additionally, I believe each morning when we awake and express our gratitude to God and the Universe, it is important to be thankful for what we already have and avoid pleading for what we do not have.

*"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."*

Maya Angelou, Celebrations: Rituals of Peace and Prayer

*"Piglet noticed that even though he had a Very Small Heart,  
it could hold a rather large amount of Gratitude."*

A.A. Milne, Winnie the Pooh

*Peace Always,  
Ted*