

Giving Thanks - An Attitude of Gratitude

1 Chron. 16:34 *Give thanks to the LORD, for he is good; his love endures forever.*

1 Thess 5:18 *Be **thankful** in all circumstances, for this is God's will for you who belong to Christ Jesus.*

One of the most difficult traits to develop is a thankful heart; an attitude of gratitude, if you will. It seems like there's always something getting in the way, doesn't it? And how can we thank God (and be sincere about it) if we don't learn to thank one another?

One reason may be we were never taught. Parents have many things to teach their children, and one important one is to teach them to say "Thanks." Sadly, some children grow up never hearing those oft repeated words, "*What do you say?*" We know this does not come naturally, but has to be taught. Therefore they are not "naturally" thankful due to this lack in their upbringing. Well, that may explain it, but it does not excuse it

Another reason may be thoughtlessness. It's been said that 'think' and 'thank' come from the same root word. How often do we just take the time to think about what God has done for us, or what others have done for us? Probably not as often as we should. Even the smallest kindness should be considered. And you know what? I've found that the more I 'think' on these, the less time I spend dwelling on the negatives, and they become less important. Will Rogers once said, "*A fellow is about as happy as he makes up his mind to be*"

Being discontented can also be a roadblock to a thankful heart and mind. Maybe things aren't going the way we'd like. It happens all the time; that's life. Maybe we even start comparing our lives to others. Be careful. That could lead to a spirit of envy and covetousness. And there we go, down the wrong road again.

St. Paul writes in Philippians 4:11-12: "*..... for I have learned to be content whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.*"

Thank you, and may God bless you.