

The Power of Gratitude

*Shout for joy to the Lord, all the earth. Worship the Lord with gladness;
come before Him with joyful songs. Know that the Lord is God.
It is He who made us, and we are His; we are His people, the sheep of His pasture.
Enter His gates with thanksgiving and His courts with praise;
give thanks to Him and praise His name. For the Lord is good and His love endures forever;
His faithfulness continues through all generations.
Psalm 100 (NIV)*

Gratitude begins by acknowledging who God is and what He has done. This heartfelt emotion is not dependent on the response of another person or on the nature of what is received as a gift. Ingratitude, on the other hand, begins with a heart that refuses to be satisfied, that rejects the Giver as well as His gift (Rom. 1:21)

Life itself is a gracious gift from God. There is no gratitude except what is built on this foundation. A spirit of gratitude must be cultivated, then passed on to other, especially to those in your own household, by example. These are some ways to accomplish this:

- Remember that a grateful person is humble and focused on God, while the ungrateful heart is full of pride and focused on self. Ruth beautifully emulated such a spirit of gratitude and humility (Ruth 2:10) and responded graciously even to smallest kindness.
- Do not take for granted the small and ordinary daily blessings. (Matt. 6:11)
- Look for blessings from God, being careful not to overlook the hidden, subtle, indirect gifts from God. (Col. 4:2) Recognize that not every gift you desire may be beneficial to you. God is the all-wise Giver. Consider His plan and priorities for your life, being careful not to lose sight of the big picture because of a tragic but small interruption.
- Remember to thank God even in the midst of adversity and trials. (Hab. 3:17-19; 1Cor. 10:31; Phil. 1:3, 2:14; 1Thess. 5:18)
- Gratitude to God and others should be expressed not only regularly but also publicly. (Ps.35:18; John 11:41,42) Family members and close friends shouldn't be taken for granted.
- Record your blessings and keep a record of God's faithfulness to you.
- Complete the cycle of gratitude by reaching out to give to others in the Spirit of Christ. (2Cor. 9:12)

A grateful spirit and thankful heart are an integral part of the holy life. The woman who is thankful and has a heart full of praise brings joy to the Father and glory to His name. An attitude of gratitude will bring to your heart a host of blessings and make you a channel of blessing to others.

Prayer: Thank you, Lord for creating me and giving me life. Thank you for my family and friends and help me to show them how much I love them and appreciate their presence in my life. Instill in me a heart overflowing with gratitude and humbleness, so that my life will glorify you and reflect the light of Christ to the world. Amen.