

Right now, as we look around at all that is going on within our world it is so easy to count up the negatives and to allow ourselves to be overcome by all we are mourning and missing from within our day to day lives. On top of feeling the loss of lives, jobs, and housing, people are finding themselves confronted with the loss of dreams, goals, rites of passage, and the normal everyday things that, for generations, we have done without even giving it a second thought.

However, this week as I opened my ears and eyes to the current realities of our world I was overcome with the many ways and means by which people are responding to the changes that surround us. I saw visible anger, resentment, pain, fear, and uncertainty displayed in more ways than my heart wanted to count or even witness. I wished that I could just yell, “Stop”, and for one minute have everyone for that brief time just think of something – one thing – that they have to be thankful for. Would that change or take away the pain and sense of loss that we are experiencing right now? No, it definitely would not. But perhaps if we truly allowed ourselves to go there, it might begin to put things back into some sense of balance where we might be able to gain a different perspective. Perhaps, we might lesson the fight mode we are so naturally reverting to right now.

Think about it. What are the positives in your life? How can those things be accentuated and celebrated? This past week someone shared with me that their normal everyday routine is to start every day with literally counting their blessings. Every morning before this person even gets out of bed; “out loud” they give thanks to God for what they have received. They told me, “it gives me a positive – thankful place to start even the worst of days and situations from. This is what has gotten me through my cancer diagnosis and treatment, the death of my mother, problems with our kids, my own personal struggles, and the day to day stressors of my job.” I wonder how many of us on a regular basis do this kind of thing.

I know it can seem so dark and unsettling right now. We don’t know how long, or to what end, or any of the other particulars that we so desperately want to grab hold of. But we do know the many things that we have to be thankful for. Each and every one of us are surrounded by blessings. We all have things in our lives that we can truly give thanks to God for. What if we started every day at that place, rather than stepping right into yet another day of uncertainties and resentments on what’s not happening soon enough?

I believe that when we are able to live from a place of thankfulness, possibilities seem to open, and the world itself seems a little more manageable. So right now, no matter what is going on in your life, take a minute to ask what’s right and count your blessings!!

Prayer:

As you begin this time of prayer take a few minutes to think about the blessings within your life.

Lord, I think you for _____.

Gracious God,

You bless our lives in so many ways, ways that we sometimes take for granted and let go unnoticed. Help us to be more aware. Even in a time such as this Lord, open our hearts and our eyes to the many signs of your love and to the goodness and grace that surround us.

Amen