

# Living a Life Filled with Thankfulness

By: Amanda Davis

Throughout the daily hustle and bustle of life, it is often difficult to come by a grateful heart. In many instances, it is easier to focus on the negative, like all of the trials and tribulations you may be going through at that present moment. It is easy to dismiss your previous blessings when life is not going the way you planned. Yes, you are *only* human, but it is important to not allow your negative thoughts to linger. You have to train your mind to think positively and give thanks even in the crummiest of crummy situations. Some days may be easier than others, like days where everything is going in your favor but the best time to give thanks and to have a grateful heart is when everything is going side-ways... When you think your entire world is crashing down and nobody but God can fix it. That is when God can truly bless you.

If one little negative experience, a simple comment, a silly thought or even a “look” from someone you are not fond of can be enough to wipe any gratitude that you have in our heart, you have to re-evaluate yourself and make changes accordingly. Are you praying enough? Are you reading your word? Do you need to step your consecration up? Don't let the Enemy distract you—that's his plan.

Speaking of thankfulness, we, Americans are spoiled. We have it all. We are—whether you believe it or not—the greatest country in the world, yet we are the most ungrateful. As Americans, we have access to more food for a smaller percentage of our income than 99% of the rest of the world, we have access to health care and what we make an hour with minimum wage, people in different countries are making in a week. Yet, if we are not driving a car of the year, if we do not have the new iPhone or if someone has a nicer house than us, we are not happy and automatically forget what God has already blessed us with. How can God bless you if you are not grateful with the little you have now? Don't you know that the things that you have, even if it is just a little, other people are praying for?

*Gratitude leads to thanksgiving.* Gratitude is defined as as a feeling of appreciation or thanks, or recognition. Thanksgiving is defined as a prayer that expresses thanks to God. Simply put, we must first recognize our blessings from God so we can then express our thanks and praise Him for it. Scripture tells us to “...be thankful... whatever you do in word or deed, do everything in the name of The Lord... giving thanks...” (Colossians 3: 15, 17) Again, you must first be thankful in order to give thanks.

Thanksgiving is right around the corner. As I mentioned, scripture commands us to give thanks—not just on Thanksgiving but every day. Challenge yourself to be grateful, for when we yield our hearts to Christ and are grateful, we are simply being obedient to his word. Before you get out of bed, do yourself a favor. Thank God for every little thing that He has blessed you with, big or small and I promise you that it'll set the tone for the rest of your day. Be blessed!

**Today's prayer:** God, I thank you. I thank you for the opportunity to see another day. I am grateful for my limbs, my eyesight and my hearing. I thank you for a “right mind” to serve You, the True and Living God. Most importantly, I am grateful to have a relationship with you and have the opportunity to serve you. I ask you even right now just to have your way in my life and to help me to be less like me and more like You. Help me to wake up every single day with thanksgiving in my heart and praise on my lips. In Jesus' name, I pray. Amen.