



bits from bob....

Thanksgiving Is a Time for Gratitude: Focus on These Four Things

November 25, 2024

(If you prefer another WOW, perhaps Words for this Week.)

The end of November, my birthday, Thanksgiving. The Thanksgiving season is upon us. Christmas will soon follow. I can tell you from personal experience with holiday tragedies that gratitude is not easy for everyone at this time of year. Memories flood our being. We remember painful experiences and dark days we want to forget. Remembering is painful, forgetting does not seem quite right.

What shall we do? We seek ways forward, ways to embrace gratitude. I share four words to restore and enhance gratitude, a sense of joy and renewed energy, enabling us to live graciously despite the inevitable disappointments of life. Our word: Gratitude. Our words: praise, prayer, presence, spiritual perception.

Gratitude: Guard your God-connection, go ahead and grown with God, grow in grace, grip God's glory.

Guard your God-connection. Connection and communication with God give identity, integrity. Commit to being who you are in all of life's circumstances. Christian integrity is informed by who God calls us to be, God's purpose for our lives. Christian integrity depends on a strong God-connection. How? PRAISING God builds my God-connection and reminds me who I am and what matters in life. I express gratitude through praise.

Groan with God in PRAYER. Scripture assures us that our groanings are known and heard by God. Do not hesitate to lament, groan, and express your emotions and distress. Pray prayers that are important to you; pray prayers that are important to God. "Dear God, here are some things that trouble me..." We express gratitude in prayer.

Grow in grace. God's grace is to be embraced. What a privilege to live with certainty of the gracious PRESENCE of God in our lives. God's grace is freely extended but we must embrace it and make it ours in every moment of our lives. We are called to be daily hosts of God's presence, extending grace because we have received grace.

Grip God's glory. How and where is God's glory revealed in your life? Developing spiritual PERCEPTION is essential to seeing God's glory. Look for the "God sightings" in your daily life. If praise, prayer, and God's presence are absent in your life, the glory of God will also be absent in your life. If God's glory is not visible, gratitude will be difficult!

Gratitude. Adopt an attitude of gratitude. Live a life of thanksgiving. Better to be humbly grateful than grumbly hateful. The realities of life only make sense with God.

Four habits that cultivate gratitude. Every day — praise, pray, host his presence, perceive his glory!