

As I write this, I am in the midst of preparing to host Thanksgiving at our house. As you read this, you have already shared your Thanksgiving with those you love.

We are like many others in that our immediate family is not physically together on Thanksgiving Day. Yet we are blessed with technology so we can connect with them. I expect we will FaceTime with each child, as we share our love with them.

I recognize that even though one day is set aside as ‘Thanksgiving Day’, the experiences that we have and the practices we follow don’t have to be limited to just the one day. I have appreciated some thoughts from other people. They help adjust my frame of mind. I realize that others may feel the same, but there are times that being optimistic and feeling positive are a challenge. It is easy to get discouraged, frustrated, pessimistic and having a less than positive outlook on many things. I have been drawn to some words of gratitude and appreciation and they have helped me. I am choosing to use others words instead of my own words, since they touch me and speak to me.

“When I started to count my blessings my whole world turned around.” – Willie Nelson

“The more we express thanks, the more gratitude we feel. The more gratitude we feel, the more we express thanks. It’s circular, and it leads to a happier life.” – Steve Goodier

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." - John Fitzgerald Kennedy

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow – Melody Beattie

What better words than those written above, as we continue into this Holiday Season? This does not need to pertain to only the Holiday Season. How remarkable it would be if we all could live throughout the year, counting our blessings, expressing our thanks and sharing our gratitude. Not only do we find these inspirational writings, there are numerous Scriptures that help us to remember to express our thankfulness for the blessings that come from our God.

"Give thanks to the Lord for he is good, his love endures forever." [Ps. 118:29](#)

"Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name! For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations." [Ps. 100:4-5](#)

The following prayer encapsulates the essence of my thoughts. Debbie McDaniel wrote the following words for the prayer that I appreciate!

Dear God,

Thank you for your amazing power and work in our lives, thank you for your goodness and for your blessings over us. Thank you that you are Able to bring hope through even the toughest of

times, strengthening us for your purposes. Thank you for your great love and care. Thank you for your mercy and grace. Thank you that you are always with us and will never leave us. Thank you for your incredible sacrifice so that we might have freedom and life. Forgive us for when we don't thank you enough, for who you are, for all that you do, for all that you've given. Help us to set our eyes and our hearts on you afresh. Renew our spirits, fill us with your peace and joy. We love you and we need you, this day and every day. We give you praise and thanks, for You alone are worthy!

In Jesus Name, Amen

Debbie McDaniel