

Psalm 136:1 *Oh, give thanks to the Lord, for he is good; his loving-kindness continues forever. (TLB)*

Gratefulness

The state of being grateful should be constant, however, gratefulness seems to be an even greater state of mind and being as we begin our gradual rise from quarantine to a freedom to move unencumbered by mask and distance. After a year of Covid-19 and all that it brought to our world, our families and our communities we dare not take this time for granted. We can truly say, "Had it not been for the LORD on our side where would we be!"

So on this day and as we move forward allow gratefulness to be your constant state of mind. Look back over your year and attempt to count the many things that you are grateful for. I dare say your list will be long yet non-exhaustive. Take the time that is necessary to thank God and all who have blessed you. Spend time in prayer and praise; send a thank you note to someone who made a difference in your life; start and keep a gratitude journal writing down at least four things that you are grateful for each day.

In his song, Grateful, Hezekiah Walker shares the words of gratefulness simply and beautifully:

I am grateful for the things that you have done
Yes, I'm grateful for the victories we've won
I could go on and on and on about your works
Because I'm grateful, grateful, so grateful just to praise you Lord
Flowing from my heart are the issues of my heart, it's gratefulness.

Gratefulness is flowing from my heart!

With blessings of love and light,
Elder Lynette Galloway Branch