

LITURGY BYTES

Blessings



As we walk around the stores these days, we are seeing decorations both for Halloween and Thanksgiving appearing. I enjoy, as most people do, the beauty of autumn with the change in temperature and the fall panoramic of golden leaves before us. Something else that stands out is truly realizing the blessings that appear before us and the meaning of the word “gratitude.” Being grateful is not just reserved for this time of the year but should be a part of our lives on a daily basis.

A foundation in our homes should be one of an attitude of gratitude to God for all He has given us. Counting our blessings instills in us the recognition that God gives us everything we need. Even in difficult times, we can be grateful that God will support us through the hard times we face. Here are some gratitudes to instill in our lives:

Gratitude offsets stress – thanking God for everything that is going well in our lives helps calm anxious feelings.

Gratitude offsets worry – thanking God for problems solved lessens future fears.

Gratitude offsets self-doubts – thanking God for our talents and gifts, helps us see that there is meaning and purpose in our lives.

Gratitude offsets envy – thanking God for all the good things we have banishes jealousy.

Gratitude offsets sadness – thanking God for the things that make us happy helps our “down” times and negative thoughts.

In conclusion, I believe an attitude of gratitude forms good habits for all of us!

Have a blessed, safe, and grateful week ahead! ~~~*Michele Hall*