

Feeling Unappreciated? Try This Soul-Soothing Solution

How demanding life can be! You know what I mean, right? We follow that same routine—trying to catch our breath as we rush through the day, meeting everyone's needs. Where is the reward?

My answer came through my brother and his wife, Lois, who were our house guests for a few days.

One evening, I knocked at the door of our guest room.

"Come in," Lois said.

I walked in and felt the ironing board. "What are you ironing?"

"The table runners we bought."

"You don't have to." I protested, "You did more than enough: cleaned, rearranged, shopped and even painted a table for me."

"I don't mind," she said.

She didn't mind because that's what she does. Anything she tackles is done quietly, with no expectation. She helps in a silence that screams kindness and pure love.

Why can't I be that way? Secretly, I look for recognition or at least a faint sign of appreciation.

Can you identify? You just wiped the kitchen counter and cleaned the floor for the umpteenth time. But no applause from anyone.

You did the third load of laundry. No one noticed. Paid the bills, with stress cramping your stomach, and no appreciation there either.

And while at work, the extra load of tasks is completed, but the boss gives no recognition. You even smile at the cashier at the store, but it goes unnoticed.

Sigh! Do we just keep on giving and giving? Is there any hint of satisfaction or return for our efforts?

God has the answer:

“Be sure that you not do your charitable deeds before men to be seen by them. Otherwise you have no reward from your Father who is in heaven.

“Therefore, when you do your charitable deeds, do not sound a trumpet before you as the hypocrites do in the synagogues and in the streets, that they may be honored by men. Truly I say to you, they have their reward. But when you do your charitable deeds, do not let your left hand know what your right hand is doing, that your charitable deeds may be in secret. And your Father who sees in secret will Himself reward you openly” (Matt. 6:1-4).

Father, in the secret place of my heart, I want to be recognized and I look for rewards. Change my heart and grant me humility to do all in the quietness of love. May my actions be for your eyes only. In Jesus' name, amen.

What reward can you expect from the Lord today? {eoa}

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