

Count Your Blessings

Thanksgiving Day is one of my favorite days of the year. One reason I enjoy it is because I get to hang out with all my family members. I don't take them for granted because many people are estranged from their loved ones, and I'm not. The other reason is simple—I'm thankful.

I've learned that the warmth of special days cannot be purchased with money or credit cards. Instead we find peace of mind and confidence in God when we thank Him for His goodness and trust Him to meet our needs. Let's step outside our own struggles this year and thank God for the simple blessings and small surprises He gives us every day.

The psalmist understood the importance of thankfulness and was compelled to live his life with an attitude of gratitude. In fact, he commanded his soul to exalt the Lord at all times:

"Bless the Lord, O my soul, and forget not all His benefits: who forgives all your iniquities, who heals all your diseases, who redeems your life from destruction, who crowns you with lovingkindness and tender mercies, who satisfies your mouth with good things (Ps. 103: 1-5, NKJV).

The writer understood the depth of God's love, and he realized there are fringe benefits that come along with serving Him.

When we think about the goodness of God, and all He has done for us as well as the sacrifice His Son, Jesus, made for us on the cross, we should take time out of our day-every day-to tell Him thank you!