

Gratefulness

Being thankful for what we have
and receive



We live in a culture that seems to always want more - no, not want, *demand* more. Media reinforces and even encourages the idea that we deserve; a break, to have our way, *everything we want in life - if you can't afford it, just charge it!* The record consumer debt in the US today reflects this idea. Why are wars fought? Because countries have the mindset that they *deserve* to have another country's land. The world today functions on the idea that people *deserve* more than they have.

The problem is that the only thing we actually *deserve* is death and damnation. All of mankind has fallen short of the perfection God demands. We deserve *nothing!* Yet, out of His tremendous grace and mercy, God sent Jesus to die for our sins and Jesus willingly went to the cross that we would not receive what we deserve. If this doesn't make us *grateful*, nothing will. Friends, we must develop a grateful mindset. Everything we have; our very life and the promise of eternal life with God through Jesus Christ, is a gift from God. We must be grateful.

One author wrote that you should *stay grateful - it's good for your marriage*. According to research, gratitude is scientifically linked to improved physical and mental health. Developing an attitude of gratefulness can positively affect your marriage and your family. It begins with being thankful for what you have and the good things you receive. 1Thessalonians 5:18 tells us to *give thanks in all circumstances*. Yes, we are to confront sin and no, we are not remain in a dangerous situation. But where is our attitude? Are we grateful to God for the good things we have, however few those might be?

Paul wrote in Romans 5:3-5; "we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us." Paul knew true suffering. But most of us aren't *suffering*. We are miserable because we don't have what we want and think we deserve. There is always something to be thankful for; we must consciously develop an attitude of gratitude. Perhaps if you expressed some gratefulness to your spouse, he or she would make the changes they need to make to be more pleasant to be around. What can you be thankful for in your life today?

Helpful Resources: *Fortified Marriages Resource page:* www.fortifiedmarriages.com

Articles to check out:

How Gratitude Strengthens a Marriage by David Gibson - www.foryourmarriage.org

Gratitude Has a Powerful Effect on Your Marriage – Here Are 4 Ways to Cultivate It by Jennifer Long
themarriagerestorationproject.com