

# Coach House Church

# BEACONS

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## GRATEFULNESS

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5TH MARCH 2021

"What are you grateful for today?" I often ask my husband and he often asks me this question at the end of the day. When I ask him this question I think about what happened on that day that blessed me, something that made me smile or made me glad. Basically a good thing that happened over the day that just ended.

We started this little game when I was poorly and it was getting me down as my illness went on for a long time. This question forced me to think about positive things that happened in the day and to concentrate on what was good and not on the negative.

Pondering on the negative and the hurt can get us all down, and makes us forget that so many times we experience far more good things than bad. Whereas when thinking and meditating about the good things that we experience or we see, fills us with joy and helps us stay positive.

This little question helps me to end the day with a good and positive thought. Most of the time the things that I'm grateful for are the little and simple things like : talking to a friend on the phone, being able to go for a walk, the smell of coffee or a slice of cake or both together- it happens often that the things that I'm grateful for are edible..

When I think about being grateful for something, a warm filling floods my heart and it feels good.

I'm more grateful for things that have been taken away for a time. When those things are restored, I appreciated them even more.

This is how Grateful is defined : "warmly or deeply appreciative of kindness or benefits received; thankful: expressing gratitude; pleasing to the mind or senses; agreeable or welcome; refreshing.

And these words are opposites of grateful :  
abusive ,mean ,rude ,thankless ,unappreciative

In the bible, often, gratefulness and thankfulness are expressed through a song.

And of course, when people are singing, a good state of well-being settles in. Here are a few circumstances in the bible when something happened and people made a song about it to give thanks to God.

In Exodus 15 from verse 1 to 21 we have Moses' songs of deliverance and praise after God leads Israel out of Egypt and saves them by parting the Red Sea.

In Numbers chapter 21 verse 17 we have Israel's song of praise to God for giving them water in the wilderness.

In Judges chapter 5 from verse 2 to 31 we find Deborah and Barack's song of praise thanking God for Israel's victory over King Jabin's army at Mount Tabor

In Samuel chapter 22 from verse 2 to verse 51 we have David's song of thanks and praise to God for rescuing him from Saul and his other enemies.

These are only a few examples.

As Christians, we learn to be grateful to God when he hears our prayer, when He answers, when He does something for us.

We also have examples of people in the bible that were grateful in very trying circumstances. In Job 1:21 we find his answer after he finds out that everything he had - children, servants, animals and fields were gone . This is what it says:

“At this, Job got up and tore his robe and shaved his head. Then he fell to the ground in worship and said: “Naked I came from my mother’s womb, and naked I will depart. The Lord gave and the Lord has taken away; may the name of the Lord be praised.”

In Acts 16 from verse 16 we read about Paul and Silas being jailed because they freed a slave woman from an evil spirit. They were flogged and then thrown into a dungeon. The bible tells us that they were singing hymns and praising God.

All these people had one thing in common, The Lord our God.

Humanly speaking , It is extremely hard to keep singing and smiling when your world falls apart. When you are ill or bereaved; How can you keep singing when someone you love is consumed by disease? When you are threatened by bankruptcy? To stay positive when fighting mental health feels like fighting giants. And the list could go on and on.

I do not have answers to these questions but I can tell you what helped me through my illness. It was praying and praising God and also, staying in touch with my brothers and sisters who also prayed for me. My family, especially my husband, kept reminding me of the good things that were happening and to which I was often blind. Each day, I tried to make a mental list of as many things as possible that I could be grateful for and kept reminding myself that .."with God all things are possible."

Matthew 19:26 NIV

In closure let me read Psalm 30

"I will exalt you, Lord, for you lifted me out of the depths and did not let my enemies gloat over me. Lord my God, I called to you for help, and you healed me. You, Lord, brought me up from the realm of the dead; you spared me from going down to the pit. Sing the praises of the Lord, you his faithful people; praise his holy name. For his anger lasts only a moment, but his favor lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning. When I felt secure, I said, "I will never be shaken." Lord, when you favored me, you made my royal mountain stand firm; but when you hid your face, I was dismayed. To you, Lord, I called; to the Lord I cried for mercy: "What is gained if I am silenced, if I go down to the pit? Will the dust praise you? Will it proclaim your faithfulness? Hear, Lord, and be merciful to me; Lord, be my help." You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, that my heart may sing your praises and not be silent. Lord my God, I will praise you forever."

Psalms 30:1-12 NIV

Amen



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