

Giving Thanks

A lot of my readers are in the U.S. and are celebrating their Thanksgiving holiday this week, so I want to focus this post on being thankful. It's easy to focus on our problems and what we don't have, which causes us to miss the blessings we do have. When we do recognize those blessings, it causes us to see life in a whole new light.

I'm thankful for a job I love and steady work. Some of my friends are unemployed and have sent out hundreds of CVs in the past several months in search of better jobs with no luck.

I'm thankful for my home and lovely garden in a neighborhood with lots of trees and friendly folk. I know people who were quite recently homeless, without home and possessions and living with the constant danger which defines a life on the streets.

I'm thankful for my health and the health of my children. A good friend has a special needs child whose health issues have sent him to the hospital several times—and he only just turned three. Even with assistance, my friend's life is totally wrapped up with taking care of him while trying to be a good mom and wife to her kids and husband. Barring a miracle, this will be her life for the next couple decades or longer.

I'm thankful I am not fighting an addiction. Four acquaintances recently shared with me their struggles, trials, and temptations (and giving into those temptations) with drugs, alcohol, pornography, and food. The guilt and self-hate threatens to steal their joy even as they get back up, dust themselves off, and face another day.

I'm thankful for music, songs which lift my spirit and long after they end keep me in flight. Music is one of the biggest sources of inspiration for my writing and positive outlook on life (yes, I'm listening to iTunes as I type).

I'm thankful for friends and family with whom I can laugh, cry, discuss, debate, or be quiet. My bank account says I'm not rich monetarily, but I'm rich in relationships—and that's the type of wealth which really counts in the long run.

I can go on and on, but I won't because now it's your turn. I encourage you to write a list of the things you're thankful for. The more you write, the more you'll think of. Take it a step further and send a card, letter, email or social media post to someone you're thankful for. Tell them why you appreciate them. Thank, praise, encourage, apologise—you know what they need to hear. Who knows? It may be the very impetus they need to recognize the blessings in their lives.