



Gratitude

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Gratitude, Prayer, God, Thankfulness, Families, Friendships, and etc...

I wasn't even sure that I was going to write anything circling this Thanksgiving day holiday, yet here I am. I'm trying, and as always, asked my Father for some inspiration and words, otherwise I'll flop. I'm good at that on my own, and even more so with my own understanding. I try not to lean that way too much.but anyway, moving right along...

I'm a part of a large **GriefShare** (<https://www.griefshare.org/>) group that I have grown to really enjoy. I'll admit I wasn't too sure at first, but after a while I found myself enjoying the company of new friends, and what GriefShare had to offer. However, I did slip out on a couple occasions and was lovingly reminded that I was much appreciated and it mattered that I wasn't there. I needed them as much as they needed me. It's a mutual thing. Community if you will. We each one understand exactly what we are going through, and can relate. We can actually cry in front of others! No, it's not everyone sitting around having a cry and pity party. There is laughter and conversation,,,and yes, food. But you can cry if needed..Yep, sure can. We get it. know the pain. Feel the heartache. Know the loneliness. A place where you can be honest and not be judged or made to feel like you can't grieve a certain way. Empathy for each other.

At our last meeting, we were given a jar with a decorated card that simply says "Thank You". The card is placed in the jar, and you write small notes of what you're thankful for and put them in the jar. Crazy right? I have written several notes. I have found myself every time I think of something I'm thankful for, I go immediately to the jar and drop a line in it. I'm not sure who came up with this, (they're a genius, just in case it's someone in the group), but it's working for me. I'm being reminded of daily gratitude, and encouraged to be thankful to my God, even more so, for even the small things in my life, like walking my dog named Gypsi.

Giving thanks is not that hard to do. First thing in the morning, when we are up and running, I make it a habit of being thankful for my coffee. I mean, first things in order right? Of course a trip to the bathroom, walking the dog, making breakfast, not necessarily in that order, but you get it. Just doing our routines. The most important, is to take time to be intentional toward spending time with God. Open up your bible and find a starting place like the book of John, or Joshua. Maybe you have a favorite devotional book, or a biblical story you are reading. That's all good in spending time with God and in his word. Also be sure to include prayer. A time to have conversation with him. Recognize him as our almighty and creator of everything under the heavens and earth. Begin conversation and open up with what's on your mind, concerning to you, and what desires you may have that are too much for you. Thank him for all he has already done for you and your family, recognizing that without him, you would fall. Thank God for everything that surrounds our lives. Even the bad is surely going to produce some good.

I hope this holiday season of Thanksgiving will continue to make us all aware that we have so much to be thankful for. Tomorrow is not promised, and the days are evil and short. Praise the Lord for all his goodness he's given us. Remember those in hardships and trials. Be sure to encourage and assure them that God is a loving God, who cares. We can trust his leadership and kindness to direct and our paths. Love God and ALWAYS be thankful for what he has done for us in all circumstances. I hope and pray, that everyone has a wonderful and safe thanksgiving filled with much gratitude and dressing!!

2 thoughts on "Gratitude"

1. **lillianb07** says:

November 22, 2023 at 12:48 am

Robert, your words are so powerful and beautiful! God is working through you in incredible ways! I am so grateful that God brought you to our GriefShare group. As you so eloquently stated, we all need each other and have value within the group! I am amazed every week as God works through this group to bring hope and healing to those in pain. I am praying for you and your family to have a blessed Thanksgiving even as you grieve the passing of your beautiful Mary. We are truly called to be grateful for even the smallest of things. I am glad the jar is inspiring you! Being grateful truly helps. "Rejoice always, pray constantly, give thanks in all circumstances for this is the will of God in Christ Jesus for you!" 1Thessalonians 5:16-18 I, too am praying for a safe Thanksgiving filled with much gratitude and wonderful memories. Dressing is good, too, ... definitely one of my many favorite things!

REPLY

1. **Robert King** says:

November 22, 2023 at 8:54 am

Thank you..Loving this group and the fellowship! Happy Thanksgiving to you and yours! 🍂