

"With Thankful Hearts"

Monday, November 15



"Smoky Mountain sunset"

I lift up my eyes to the mountains— where does my help come from? My help comes from the LORD, the Maker of heaven and earth. He will not let your foot slip—he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep. The LORD watches over you—the LORD is your shade at your right hand; the sun will not harm you by day, nor the moon by night. The LORD will keep you from all harm—he will watch over your life; the LORD will watch over your coming and going both now and forevermore. Psalm 121

So, what do we have to be thankful for? This is not a trivial question. It takes some thought. If we resist being thankful, it is possible that we haven't paused to consider the goodness in our lives. This is a must do. Goodness is around us. But where is it?

Here the psalmist says that we are thankful because God offers us help. God made the heaven and earth. God keeps us from slipping. And God protects us and watches over us. God keeps us from being scorched but provides us light in the daytime and at night. God watches over us as we go and come back forever. Is that really true?

What about the times that we fall and we feel unprotected? When we feel far from God and wonder is God really there? Always?

There is trust imbedded in thankfulness as well as watching for goodness. If we are constantly pointing out what is bad and disappointing, we allow no space for the good to take up residence. Look to the hills. Look at the setting sun. Look into the eyes of your pet, or your family member or your friend. There you will find the goodness of God. Forever. And allow yourself to be thankful.