

# "With Thankful Hearts"

Monday, November 8



"Autumn dormancy"

Have mercy on me, O God, have mercy on me, for in you my soul takes refuge. I will take refuge in the shadow of your wings until the disaster has passed.... I will praise you, O Lord, among the nations; I will sing of you among the peoples. For great is your love, reaching to the heavens; your faithfulness reaches to the skies. Be exalted, O God, above the heavens; let your glory be over all the earth. Psalm 57: 1 & 9-11

*The psalms give us a great view of the distress of life and how it feels and the ability to also turn to God for help. And there is a bedrock belief that life is hard but God is good. And God is to be praised.*

Why are we reluctant to be thankful? Things seem like they are against us...trouble is around every corner. Darkness edges in. Our lives are filled with things to be feared. And so, our tendency is to believe that everyone and everything is out to get us. The reality of life is that there are difficult things that happen around us and to us. It can be wearying and very heavy.

If life is hard for you and things feel dark and heavy, remember that God is good and can be trusted to be with us and lift us up. Your thankful heart today is not for the difficulties, rather for the goodness of God. Pick a psalm that resonates with you and let it remind you of God's goodness and give thanks.