

Psalm 51:15

*"My mouth shall show
Forth Your praise."*

Develop A Grateful Heart

A grateful heart sees each day as a gift. It is like a magnet sweeping over your day, collecting reasons to be grateful. It thanks God for the miracle of muscles that enable your eyes to read these words and your brain to process them. It thanks God For lungs that can inhale and exhale eleven thousand liters of air every day. It thanks God for a heart that will beat about three billion times in your lifetime and for A brain that is a veritable electric generator and supercomputer of power. It thanks God for jam on your toast and milk on your cereal, for the blanket that warms you and the joke that delights you, for the thousands of planes that didn't crash today, for the men who didn't cheat on their wives and the wives that didn't cheat on their men, and kids in spite of unspeakable pressure to dishonor their parents, decided not to do so. Rejoicing over good stuff is what gets you through the difficult stuff. *"A cheerful heart is a good medicine."* - Pr 17:22. Gratitude is an attitude you choose not a reaction to your circumstances. *"On the same night in which He was betrayed Jesus took bread and when He had given thanks.."*

1 Co11:23 - 24 The words *betrayed* and *thanks* are in the same sentence and in the same heart. You can have that same heart when you trust God is in control, directing your steps and working everything for your good.

Romans 8:28