

26,000 Daily Gifts

Here is something to ponder. What do you do 18 times a minute, 1,080 times an hour, 25,920 times a day, yet rarely notice?

The answer: You breathe.

If you are 40 years old, you have already taken more than 378 million breaths. And each of those breaths was a measured gift from the hand of God.

Your lungs are among the most important parts of your body. They furnish your blood with oxygen and get rid of carbon dioxide and water. A few minutes without breathing and you would lose consciousness. You could not survive much longer without oxygen.

The Bible tells us that the Lord holds in His hand “the life of every living thing, and the breath of all mankind” (Job 12:10). He gives us those 26,000 gifts each day so that we might honor Him with the life they sustain.

Is your breath among the blessings for which you thank God?

Let everything that has breath praise the Lord. Psalm 150:6

--Beecher Hunter