

# A LITTLE SALT, PLEASE

A hungry little boy, pulling up to the dinner table and taking a few bites from the serving on his plate, was heard to say, "Salt is what spoils potatoes when it is left out."

Using the same kind of negative definition, we can say, "Gratitude is what spoils life when it is left out."

Some of the most grateful people, I have noticed, have few material possessions and little money in their bank accounts. A character in one of Charles Dickens' stories remarks, "My not knowing at one meal where I shall get the next is a great help to thankfulness." Indeed, it is.

Riches, on the other hand, may be a handicap. A wealthy woman told her doctor that she was frustrated by a restless desire to accumulate more and more things. He replied, "These are the usual symptoms of too much ease in the home and too little gratitude in the heart."

What are you grateful for today? Is it ...

- For your spouse? Marriage is an institution ordained by God.
- For your health? Physical, mental and emotional wellbeing are states we often take for granted. And even when illness attacks us, modern medicine and God's providence offer a variety of resources to restore us.
- For life itself? Every moment granted by our Creator is precious.
- For the love of family and friends? They become our stabilizers when the storms of life beset us.
- For your job in Life Care, Century Park or Life Care at Home? We are engaged in a noble mission, to care for the children of God, and it brings great personal rewards.
- For the beauty in a sunset, a mountain peak, a cascading waterfall, or a smile? There is much in this world to cheer us.

No matter what your circumstances, count your blessings. The salt of gratitude helps to make all of life taste better.

--Beecher Hunter