

Attitude of Gratitude

We are a blessed people, indeed. Anyone who visits another country is quick to say that the United States is a favored nation. While we have many problems and challenges in this land, we enjoy an abundance of resources and comforts that the rest of the world knows not.

Our lives, then, should reflect an attitude of gratitude. Even among the occurrences of everyday living, objects and opportunities that we take for granted should be on our list of blessings lifted in praise to God, such as:

- Refrigerators. Before that invention, families had to order ice for an ice box, or keep the milk in a cool spring.
- Air conditioning. In a warm and humid climate, it has become a necessity for every home.
- Automobiles and paved highways on which they can run. Although we fuss about our taxes, they help provide smooth thoroughfares for our transportation.
- The freedoms we enjoy in America. We should never take these for granted, and be diligent about preserving them.

But we ought to be thankful about some other situations and circumstances that you may never have considered before. We should be thankful:

- That you don't already have everything you desire. If you did, what would there be to work for or look forward to?
- When you don't know something, for it gives you an opportunity to learn. We should strive to make each day a learning experience.
- For the difficult times. During these occasions, you grow.
- For your limitations, because they give you opportunities for improvement.
- For each new challenge, because it will build strength and character.
- For your mistakes, for they teach you valuable lessons.
- When you're tired and weary, especially in the work of Life Care, Century Park and Life Care at Home, because it means you have made a difference in the lives of others.

It is easy to be thankful for the good things. A life of rich fulfillment comes to those who are also thankful for the setbacks. Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles, and they can become your blessings.

--Beecher Hunter