

The Power of a Little Girl's Prayer

Greg Anderson, in his book *Living Life on Purpose*, tells a story about a man whose wife had left him. He was completely depressed. He had lost faith in himself, in other people, in God, and he found no joy in living.

One rainy morning, this man went to a small neighborhood restaurant for breakfast. Although several people were in the diner, no one was speaking to anyone else. This miserable man hunched over the counter, stirring his coffee with a spoon.

In one of the small booths along the window was a young mother with a little girl. They had just been served their food when the little girl broke the sad silence by almost shouting, "Momma, why don't we say our prayers here?"

The waitress who had just served their breakfast turned around and said, "Sure, honey, we pray here. Will you say the prayer for us?"

And the waitress turned around and looked at the rest of the people in the restaurant and said, "Bow your heads." Surprisingly, one by one, the heads went down.

The little girl then bowed her head, folded her hands, and said, "God is great, God is good, and we thank Him for our food. Amen!"

That prayer changed the entire atmosphere. People began to talk with one another. The waitress said, "We should do that every morning."

"All of a sudden," the divorced, depressed man said, "my whole frame of mind started to improve. From that little girl's example, I started to thank God for all that I did have and stop majoring in all that I didn't have. I started to be grateful."

Isn't this story a reminder of what one person – even a little girl who had been taught the value of prayer and gratitude – can do to change others' outlook?

Life happens, and that means adversity and disappointments can and will come our way. But even in the darkest of days, even in the midst of our problems ...

1. There is always something to be thankful for.
2. Thanksgiving – that attitude of gratitude – needs to be expressed.

Give thanks in all circumstances; for this is the will of God in Christ Jesus for you (1 Thessalonians 5:18 ESV).

– Beecher Hunter

