

Peace for the Journey ... June 7, 2010

Scripture Reading: [Ephesians 1:15-23](#)

Do you ever forget to be thankful?

Sometimes, amid the challenges of everyday life, it is too easy to focus on problems. It's too easy, for most of us, to worry about the bad things that have happened and forget to remember and give thanks for life's blessings.

Saying "thank you" is a spiritual discipline. Not only do we need remember all that God has done and all of the blessings we enjoy, and say "thank you," but we also need to say "thank you" to the people whose lives intersect with ours, the people who make our lives better in large and small ways.

Let the words from Ephesians be your guide as you practice the spiritual discipline of thanksgiving today: "I do not cease to give thanks for you as I remember you in my prayers." Give thanks to God for the people who impact your life and for the blessings you enjoy.

Make a "thanksgiving" list today, and use the list as you pray.

Dear God: Forgive my selfish unwillingness to be thankful. Open my eyes to see the blessings I enjoy and remind me how much I have to be thankful for. Thank you for the gifts you've given me. Thank you for the promise and possibility of salvation through Jesus Christ. Amen.