

RADICAL REPORT

NOVEMBER
2019

The Healing Power of Gratitude, by Cindy Moore

“...Jesus on the...night He was betrayed took bread; and when He had given thanks, He broke it and said, “Take eat; this is My body which is broken for you...”

A couple of days after Donnie passed away I walked out back to sit on the porch swing. I was in shock as I sat trying to wrap my brain around everything. Looking around the yard feeling alone and contemplating my radically altered life, it occurred to me, “I am not alone. I have family, my friends, and my health; a roof over my head, food in my fridge, a car to drive and a bed to sleep in.” In the midst of my immense loss, I suddenly felt grateful for these very simple things, blessings I normally take for granted. The gratitude somehow ignited within me strength.

I’m certainly not always in a state of thankfulness. We are not denying our pain or loss, but finding gratefulness inside the pain helps shift our focus from what we don’t have, or our anxiety about the future, to what we do have and seeing God’s provision. Thankfulness stirs up hope and faith.

On his last night, Jesus knew he would be betrayed by his close friend and was aware of the intense suffering he was about to go through. Yet, when He broke the bread before supper, He gave thanks.

If it was me I would have complained, while rolling my eyes, that because of Adam and Eve disobeying God I had to come to this stinky earth and die on a cross! Fools! Look what they’re making me do! God help me endure this!

Jesus, choosing to rejoice in God’s good plan even when it was painful, gave thanks.

Studies have shown that gratitude has a positive effect on our mental and physical health. Dr. Caroline Leaf, in her 21-Day Brain Detox, has us start the day with giving thanks to God. Sometimes all we can come up with might be something simple like coffee in the morning, but, no matter, it is still gratefulness.



CONTINUE ON BACK

I'm choosing to be grateful for the Lord walking closely with me for the last 17 months. I'm grateful for His patience, His acceptance of my crazy, my grief, my anger; for His strength in my weariness and in the challenges I face. I'm grateful for His provision and His love - His unconditional, long-suffering, never-ending love. And I am truly grateful for everyone who blesses my family and me with prayer, support, friendship, encouragement and food and coffee drop-offs (who doesn't appreciate food?). Thank you!

Donnie always said, "If all you had today was what you were thankful for yesterday, what would you have?" A good question for us to consider.

"Give thanks to the Lord for He is good."

The ship of my life may
or may not be sailing
on calm and amiable seas.
The challenging days of
my existence may or may not
be bright and promising.

Stormy or sunny days,
glorious or lonely nights,
I maintain an attitude
of gratitude. If I insist
on being pessimistic,
there is always tomorrow.
Today I am Blessed.



- **Maya Angelou**

Please pray: On Saturday, November 23rd & 24th I will be speaking at Trinity Life Center, Las Vegas, for the Daughters of the King Luncheon and at the Sunday service. I'm looking forward to being with Pastor Randy and Pam!