



MONTHLY PONDERINGS

From the Older Adult Ministry
of the Kentucky Conference

GIVING THANKS

“What can I give back to God for the blessings God’s poured out on me?
I’ll lift high the cup of salvation – a toast to God!
I’ll pray in the name of God; I’ll complete what I promised God I’d do,
and I’ll do it together with God’s people.”

Psalm 116:12-14, The Message

What if you woke up today with only the things you thanked God for yesterday?

I recently came across this question on a blog and I haven’t been able to get it out of my mind. It’s even on Amazon. My first reaction was to think about what I did thank God for the day before and look around to see what would be missing. As I looked at pictures of my children and grandchildren I was reminded of how precious they are.

In gratitude I began to give thanks to God that God doesn’t take away those things and people that I haven’t given thanks for recently. And to thank God that God is kind and forgiving and gracious in that way.

Then this scripture came to mind:

*Rejoice always, pray continually, give thanks in all circumstances;
for this is God’s will for you in Christ Jesus.*

1 Thessalonians 5:16-18

I made a New Year’s Resolution in 2018 to praying more often and praying longer – praying continually – to make sure I thank God for everything. There are so many people, events, and things to be thankful for, even the difficult and challenging parts of life.

“What if you woke up today with only the things you thanked God for yesterday?” As I ponder *this* question, another question, one posed by poet Mary Oliver, comes to mind: *ell me, what is it you plan to do with your one wild and precious life?”*

Young or seasoned, these are big questions. What can I give back to God for the blessings God has poured out on me? What am I to do with this precious gift of life that God has so graciously and freely given me?

“Take my life, and let it be consecrated, Lord, to thee...”

Rev. Sue Eaton,
Older Adult Team Leader
Kentucky Conference UMC

Prayer

Generous God,

Thank you for what you have given me. Help me recognize your presence in all that I experience even times of trouble and pain. Take my life, God, and let it be consecrated to you. Amen

To Ponder and Discuss

1. What if you woke up today with only the things you thanked God for yesterday?
2. What do you plan to do with the life you have been given?
3. What can you give back to God for the blessings God has poured out on you?

Suggested Reading

Living in Gratitude: A Journey That Will Change Your Life by Angeles Arrien. Sounds True, 2011

Living Life as a Thank You: The Transformative Power of Daily Gratitude by Nina Lesowitz and Mary Beth Sammons. Viva Editions, Cleis Press, 2009