

Alpha Counseling Service

20730 Bond Rd/Suite 108
Poulsbo WA 98370/360.779.3624
Email go to Website: alphapoulsbo.org
November 2015

Hello Friends,

I reckon you all guessed I would be sharing the attitude of gratitude this month! Some time ago I found a saying that has stuck with me. "If you are not thankful for small things you will not be thankful for the big things." I practice being thankful for small things. It does not come natural for me to be thankful and in order to learn this all important behavior I have had to work at it.

Jesus often thanked His Father for various things. He frequently asked His Father to bless a meal whether for a small gathering or when thousands were present. Mark 8:6 ...*And he took the seven loaves, and having given thanks, He broke them and gave them to His disciples to set before the people.*

The apostle Paul, after being on a stricken ship for fourteen days encouraged the crew and passengers to eat something saying; *I urge you to take some food...and giving thanks to God in the presence of all he broke it an began to eat.* Acts 27:35. He certainly practiced 1 Thessalonians 5:18 while on that ship as it was heading toward a crash on the rocks. *Giving thanks in all circumstances, for this is the will of God in Christ Jesus for you.* At other times Paul prayed and thanked God for good news received from churches. Ephesians 1:15-23 is one of my favorite prayers of Paul: *"For this reason, because I have heard of your faith in the Lord Jesus and your love toward all saints, I do not cease to give thanks for you, remembering you in my prayers, that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and the revelation in the knowledge of Him, Having the eyes of your hearts enlightened, that you may know what is the hope to which He has called you, what are the riches of His glorious inheritance in the saints..."* verses 15-18

Here are some thoughts from others to help you celebrate Thanksgiving Day:

"You say grace before meals. All right. But I say grace before the concert and the opera, and grace before the play and pantomime, and grace before I open a book, and grace before sketching, painting, swimming, fencing, boxing, walking, playing, dancing, and grace before I dip the pen in the ink." G. K. Chesterton

"Grace isn't a little prayer you chant before receiving a meal. It's a way to live." J. Winspear

Hem your blessings with thankfulness so they don't unravel- author unknown

Whatever be the depth of woe
Along the path that I must go,
I'll sing my song-
My song of joy for all the love
That's lavished on us from above,
And count no loss of treasure-trove
When things go wrong.
I'll sing the sunlight, and the bright
Soft smiling stars that gem the night;
For gifts of good
That God hath spread along my way,
The lilt of birds in tuneful play,
The harvests full and flowers gay,
The whole day long
I'll sing my song
Of gratitude!
By J.K. Bangs

I hope you will have a blessed Thanksgiving, and thank you one and all! *Richard*