



Alpha Counseling Services

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Dear Friends,

Years ago I heard the statement; "If you are not thankful for small things you will not be thankful for large things". I have carried this thought with me over the years and really tried to make it a practice in my life. The ESV Bible shows 53 different verses that state "give thanks". My favorite is I Thessalonians 5:18 **give thanks in all circumstances; for this is the will of God in Christ Jesus for you.**

Notice it says **in** all things not **for** all things. Being thankful while going through difficult times is not natural but being thankful to God in these circumstances can give us inner peace.

Recently, I came across an interesting article from two well known psychologists at the University of Washington. Dr's John and Julie Gottman have studied relationship stability and divorce prediction for many years. They have studied 40,000 couples and have found the No. 1 phrase used in successful relationships.

The phrase is **THANK YOU!**

"Thank them for something routine that they're doing right, even if it's small, even if they do it every day -- in fact, especially if it's small and they do it every day!"

Now, if having a successful relationship with a spouse involves expressing our being truly thankful how much more significant is being thankful important in a successful relationship with God?

So, here are a few things that I have been thankful for over the past year! Our Heavenly Father has been very generous in providing all of Alpha's needs and blessed people looking for help!

I am thankful for Debi and how hard she works to take care of things, at home and at Alpha. We will celebrate 55 years of marriage this spring! Also, I am so thankful for cataract surgery last June that has improved my sight 99%. I can now drive on a rainy night.

So very thankful for God giving us the opportunity to serve Him at Alpha these 30 plus years. Thankful for Alpha's Board and their care and their support and guidance. Thankful for everyone of you who pray for Alpha and give financially to help people who are looking for God's answers to their struggles.

Psalm 118:1 **Oh give thanks to the LORD, for he is good; for his steadfast love endures forever!**

May God bless you with the ability to be thankful **IN** all your adventures until He returns!

Richard