

Ten thoughts of praise

By Elise L. Moore, C.S.

Thanksgiving is my favorite holiday. No rushing around, no hours spent writing and addressing cards, shopping at malls, fighting commercialization of religious events, trying to keep the Christ in Christmas.

Since I was a child Thanksgiving meant church. There is a church service Wednesday night where people share longer testimonies of healing. Special holy incidents for which they wish to thank God for His salvation and loving care. Then the Thanksgiving service in the morning. After hearing a Bible Lesson on the importance of acknowledging God as the source of blessings, usually one member of each family stands and gives thanks for the blessings God has provided their family during the year. Someone usually expresses gratitude for freedom of religion in the United States. Short statements. Few specifics. But the atmosphere of dependence on God for all good is so tangible that I never want it to end.

And then there is dinner sometimes with family, but usually with friends whose family is far away. But it's not an event. Dinner is not the focus, God is.

Psalm 107 is a wonderful hymn of praise. It has a chorus, "Oh that men would praise the Lord for his goodness, and for his wonderful works to the children of men!" Whatever the troubles in the world, whatever the troubles in our life, praising God will lift our thought to behold the glories of God.

Psalm 67 is another hymn to reach the troubled spirit, the sorrowing and the sad. Don't let another minute pass without praising God for His goodness, for His wonderful works, for His power and love. For every negative thought, try ten thoughts of praise. If you can't think of ten thoughts of praise, look in the Psalms. There you will find what is needed. If you will do this consistently, sorrow will flee and your heart will be healed.

Thanksgiving is the quiet holiday reserved for calm communion with God. It might not be celebrating a significant religious event like the birth of

Jesus, but it is celebrating the daily presence and power of God. For this I am humbly grateful.

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