

Faith Comment

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'Always have an attitude of Gratitude' – Sterlin K Brown

Are we grateful? We have so much in our lives yet, are we thankful for what we do have?

Do we concentrate on what we don't have rather than on what we do have? Do we see all the ugliness and wrongs in this world and miss the beauty of a beautiful sun, magnificent mountains, breathtaking sea views and let's not forget the very precious people in our lives? Can we be grateful for that beautiful smile, that listening ear, the friendship, the sharing, the laughter with loved ones, the shoulder we cry on. Are we so caught up with the lack in our lives that we cannot see all the good things we've been blessed with?

In Luke 17 verse 11 to 19, Jesus healed 10 lepers and only one came back to say thank you. Jesus asked this healed leper in verse 17, 'Were not all ten healed? Where are the other nine?' Implying why has only one of these healed lepers returned? Only one realised that they will be welcomed back into society and will not be rejected because of their illness. Only one realise how grateful he was for that healing. That healing is the reason he was able to live amongst his own people again and not be rejected.

Dr Caroline Leaf says, 'Gratitude is one of the most powerful tools to improve your mood, mind and mental health. And it's free and simple but often underutilize.' As Doris Day says, 'Gratitude is riches. Complaint is poverty.'

Can you find anything in your life right now to be grateful for? A simple 'Thank you' is all it takes. Christmas has just passed, and the new year is around the corner. A challenge for you and me – let's make one of our new year's resolutions to be more grateful in 2025!

As the saying goes, 'Whatever be your goal, keep your eye upon the doughnut and not upon the hole.'