

Scripture says: “Give thanks in all circumstances”.

How do you express **gratitude** to God for blessings received, **prayers answered**? When you pray to God for a **special intention** and receive it, how do you express **gratitude** when God **answers** your prayers? Do you spend as much time **thanking** him as you did **asking**?



The quote that says: “**Ask and you will receive**” doesn’t say **what** we will receive. That is so true. We never know **how** God is going to answer our prayers. We just need to **trust** that it will be for whatever is best for us.

There are people who **never** thank God because they **don’t realize** how blessed they are or believe in Him. Often, they just take things for granted until something happens to them.

Have you ever thought about thanking God in their name?

In **prayer** one morning, quite a few years ago, I was thinking about them and decided to thank God in their **name**. Now I **include** them in my morning thank you prayers. However, I also pray that **someday** they will know how **blessed** they are and **Who** has blessed them, and then, they themselves, will thank God. So, how about including them in your morning prayer? Maybe, someday, someone will be doing that for you!

Another thought: have you ever thought about **praying** a prayer **in the name** of someone else. For example, if you are praying for someone who is **judgmental**, pray: “Lord, I ask you to free **me** from my judgmentalism and help me to look compassionately on others as you do on me.”

Gratitude and thankfulness. An **attitude of gratitude** goes beyond **thankfulness**. It shifts our focus **from** ourselves to others or something else. It invites us to make a conscious habit **to express thankfulness and appreciation**.

Gratitude cannot be requested, demanded, or coerced; it can only be **given**. It is a **gift, not** an exchange. It is a **virtue** because we chose to **celebrate**.

I am grateful to God for all of you who are a part of my life in some way. May God continue to protect you and keep you safe and warm!