

Faith Prayers

It is our privilege to pray for you

21 DAYS TO A WORLD OF GRATITUDE

The season of Gratitude is upon us. Have you noticed that the more we complain about what is negative, that an accumulation of what is “wrong” seems to gravitate straight to us and grab all of our attention? That the more we focus on it, the larger it becomes?

Scientific research (and common sense) tells us that we begin to attract to ourselves what we dwell upon. We know this on very basic levels, we just seem to have trouble translating it to our adult lives. If you speak to a child enough times regarding the one small corner of their bed that isn't perfectly made, they will grow up to believe that the small imperfection is of great importance. They will focus on that. However, if you tell them that it's really remarkable that they get up and make their bed each morning, and that you are so grateful for their ability, then they will believe that, and eventually the corner will right itself.

While some people seem born with a genuine and attractive spirit of gratefulness, the rest of us have to train ourselves, just like we have to train ourselves in so many areas of life. Gratitude, or ingratitude, seems to rest upon our personal understanding and interpretation around three basic beliefs:

1. Our understanding and belief regarding whether the positive or the negative in life is stronger and of more significance. In truth, they are both a simple reality. But the belief that what is “wrong” is inherently worth more attention leads to serious confusion for many people. They begin to attribute meaning to the negative event as being more “real” and having more significance than the positive one. Starting with the grading system where the C or the D gained us more emotional outbursts and “need for work” than the A gained us celebration and excitement, we often continue on in life focusing almost absurdly on the one negative comment out of a hundred, instead of the ninety-nine compliments

and positive statements. Yes, difficulties happen in life, and they are real. However, it's seldom that there are not also many good things happening. It's easy to focus like a laser on the things gone wrong and set up shop there. Or we can choose to gratefully focus on something good. *Today, choose to believe that the positive is just as real and of at least equal significance, if not more, than the negative.*

2. Our understanding of the fact that we do indeed absorb what we surround ourselves with. Negative or positive environments and people profoundly affect us. The same is true of gratitude. When we are around grateful people the light seems to shine brighter, we often leave their presence with our



21 DAYS TO A WORLD OF GRATITUDE - CONTINUED

mind attuned to what is going right. When we are around complaining and negative individuals, things just seem so much heavier. We leave their presence with a headache and an air of oppression. We can't be constantly around complaining, ungrateful people without finding that we, too, are starting to fixate upon the fleck of dust in the corner instead of the fact that we fortunately have a roof over our head. Our society in particular shows little understanding of appreciation for the basics of life like food and clean water. Those items would generate astounding gratitude on our part if we only understood their value and what it meant to be without. *Today, to the best of your ability, choose to surround yourself with people who have a deep appreciation for life and limit exposure to chronic complainers and naysayers.*

3. Our understanding and acceptance of the fact that the little choices in

life are the bedrock basis on which the large choices ride. It's the little choices we make that eventually cause us to make the big ones. One can't rush to the gym and work out for five hours one time a year and suddenly be in exceptional shape. It's the smaller, daily and continual efforts at working out that eventually transform the body. It's the saving of money from each paycheck that eventually builds to a decent and useful savings account. It's the same with gratitude. Yet sometimes, we focus on what is wrong all day and then act quite surprised that we are upset, surly, and unfriendly by evening. *Today, realize that every choice you make to choose gratitude for the little things in your world, will engage more gratitude and positive outcomes, on a much larger level, in your life!*

And finally, no article on gratitude would ever be complete without this well-known and true piece of knowledge:

If you are feeling discontent, go do something, almost anything, for another person. Down through the centuries, taught to us by some of the greatest teachers and leaders, it remains one of the most reliable cures to ingratitude and discontent. We may not want to hear it when we are filled with ingratitude, but it remains the proven antidote of the highest order.

A number of recent scientific studies point to the fact that it takes us just 21 days to create a new habit... any habit, positive or negative. That gives us just enough time to reach Thanksgiving Day 2010. In the 21 days ahead, between now and November 25, try the creation of one new habit... the Habit of Gratitude!

The FaithPrayers National Prayer Line wishes you and yours a wonderful Thanksgiving!

Mary Ann Offenstien, Founder, FaithPrayers

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Want to know the latest about what's going on at FaithPrayers? Need a bit of encouragement or inspiration for the day? Then come join us on Twitter and Facebook. Our Twitter followers and Facebook friends are among the first to learn of new developments, as well as receiving inspirational messages and thoughts each day. We'd love to have you join us. Go to twitter.com/faithprayers or facebook.com and search for FaithPrayers to find us.

SCRIPTURE OF THE MONTH

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

~ 1 Thessalonians 5:16 - 18

■ Have a prayer request? Want more information? We can always be contacted on our 24 hour a day, 7 day a week toll-free prayer line.

1-866-515-9406

We also can be reached via the internet at:

www.faithprayers.org

FaithPrayers welcomes any questions or requests you may have. Please feel free to contact us today!