Total Praise

I will recount the steadfast love of the LORD, the praises of the LORD, according to all that the LORD has granted us … (Isaiah 63:7a).

Someone once observed, "The wise count their blessings; fools, their problems." How true! We all know a person who constantly rattles off an infinite number of problems, and another who consistently speaks of life's many pleasures and blessings. The difference?

A heart of ingratitude versus a heart of thanksgiving. A heart of thanksgiving for all that the LORD has granted us is not only a Biblically prescribed principle, but it is also essential to finding joy in life. First, gratitude instills in us contentment with what we have and invites us to take pleasure in those things available to us each day. Second, gratitude brings about peace of mind, and peace of mind opens us to see the best in ourselves and in others. Third, grateful people attract deep friendships and choice opportunities, which often elude complainers and problem-mongers.

Many of God's wise people begin every prayer with words of thanksgiving, while others keep a journal in which they list several "gratitude points" each day. No matter how you count your blessings, add them up – and give Him total praise!

Prayer: We will tell of Your kindness by counting our blessings in gratitude total and true. In Jesus' name we pray. Amen.

Total Praise
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