

Count Your Blessings

These days one can easily get caught up musing on the fear of COVID-19 with all the imagined and real ramifications for our lives. One can easily get caught up feeling lonely in our inability to touch and reach out to give a hug of cheer. One can easily get caught up in financial anxiety, choices about returning to school, with family tensions, with all the “what ifs...” that attend a pandemic. Whew! I for one do not like to allow these feelings to take over my life. They are energy and spirit robbers.

By contrast we do know, at least intellectually, that practicing gratitude can be good for our health. Being grateful cuts back on stress and can even lower blood pressure. Our challenge is to focus on the blessings. Take out pen and paper (okay, a computer or phone will work) and list at least 10 blessings that come to mind. Now, take time to pray about each one. Perhaps you can keep an ongoing list of your blessings to return to when life seems a bit overwhelming. God is present. We simply need to take time to acknowledge God working in our lives.

Count your blessings.