

THANK YOU, GOD!

Thank You,
God!

"Thank You, God, for Your life now coursing through me. Every beat of my heart and every breath I breathe reaffirm Your life-giving Spirit within me. Today is a day of life and healing, a day of energy and power. It is good to be alive, for today is a day of Your own making, a day created for my benefit.

"Thank You, God, for the peace and at-oneness I feel when I turn to You in prayer. Every moment of this day provides an opportunity to experience Your constant and abiding presence. It is so good to know that I am never alone, that I can always count on You to be with me. Today I will seek and find You everywhere and rejoice in every evidence of Your love and care. I have so many blessings for which to give thanks, so much good pouring out to me and through me that my gratitude soars on wings of joy. Thank You, God!"

*Enter his gates with thanksgiving,
and his courts with praise!
Give thanks to him, bless his name!*
—Psalms 100:4

BY FR. JOHN CATOIR
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THANKSGIVING DAY is a time for remembering all our blessings, a time to say thank you to the Lord.

There is something very special that I thank God for every day. It's a secret that has always been known to men and women of prayer, a secret about the presence of divine grace in our lives.

Grace is a kind of energy in us; it does not do things for us but it stands ready to back up any effort we make in the name of charity. This love power comes into action at the precise moment our actions fail. Our weakness is overcome by His strength. I've seen it happen a thousand times in the lives of people who wonder how they could make it through another day. I've seen it happen over and over again in my own priesthood; God supplied what I needed at times when I knew my own strength was not sufficient.

"Sometimes it is on our soul that the tranquilizing touch is laid: sometimes the hurly-burly of our emotional life, which threatens to overwhelm us, is mysteriously stilled. Sometimes events, which we think must destroy us or

those whom we love, are strangely modified by the Spirit that indwells and rules them. More and more as we go on with the Christian life we learn the absolute power of the Spirit over circumstance. God in His richness and freedom coming as a factor into every situation; moulding our souls, quickening and modifying our lives at every point. We are held and penetrated by a personal Spirit, a never-ceasing Presence, that intervenes to use or overrule events." (Evelyn Underhill, *The Love of God*)

The more we abandon ourselves, freely and humbly, to this all-pervading power, the more it comes alive.

Actual grace which, in effect, is an energy or force that gives light to the mind and strength to the will, is constant and stern. It has a no-nonsense approach to life; yet it acts as a loving action which remains present through all the circumstances of life. Evelyn Underhill put it simply and wisely, "To resist that action means conflict and suffering. To accept it may still mean suffering; but a suffering that is sweetened by love."

I thank God every day for this precious gift and I believe the Lord when He says "My grace is sufficient for you."

THANK YOU, GOD, FOR ALL MY BLESSINGS.

Thank You,
God

In giving thanks to God, we receive a greater understanding of how abundantly we are blessed. We are lifted up in thought so that we truly recall all for which we have to be thankful. Naming even *one* thing begins our experience in recognizing and finding blessings all about us. The simple exercise of counting our blessings is one that leads us to the joy of discovering good in our own lives.

Let's take that first step in counting our blessings as we pray: "Thank You, God, for Your divine Spirit within me. I give thanks for Your life, expressing itself through me; for friends and family; for employment or the ability to be employed; and for my country, a place in which I can openly and joyously express thanksgiving for You and to You.

"Thank You, God, for all my blessings, for everything good is created by You and is made manifest through Your power of good at work in and through all creation."

Thanks be to God, who gives us the victory through our Lord Jesus Christ.—I Cor. 15:57

Today I receive and share the gift of appreciation.

I EXPRESS APPRECIATION TODAY.



Appreciation

In our search for the perfect gift for each person on our Christmas list, let us remember that there is a priceless gift that we can all give at any time: our appreciation. As we express our admiration and gratitude for the people in our lives, we will be expressing our heartfelt thankfulness for the part they play in making our lives more rich and meaningful.

Let us know first and foremost that our heavenly Father has created us to express and receive love and appreciation. We can say to someone: "I appreciate you, for you are a unique person." We can relieve the workload of another by giving a helping hand. Simple cooperation with family and co-workers is a good way of expressing appreciation. In an increasing awareness of the special qualities of others, we will discover qualities within ourselves and more people to appreciate.

For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ.—I Cor. 12:12

For What Are You Most Grateful This Thanksgiving?