

HEALTHY CHURCH INITIATIVE

“UNBINDING THE HEART”

“Attention and Gratitude”

God not only seeks to be with us every day. God is with us every day. Sometimes all it takes to be aware of God's nearness is stopping long enough to think back and ask, "Where may have I glimpsed God this past week?"

Take a moment sometime today to glance back over your week (perhaps before the worship service starts). Was there a moment of quiet beauty that you noticed when you were alone? Was there a time when you and a friend found yourself laughing in a way that whispered "it's good to have a friend?" Did someone notice you at a time of need and make that extra effort to connect with you? Did you feel yourself drawn to pray for someone, or to walk up to someone and start a conversation? Were you a part of a blessing--either giving a kindness or receiving a kindness?

Perhaps you simply noticed you were sheltered from last Sunday night's sudden wind that blew through a good share of Monday. Perhaps, the stillness of the air on Tuesday was more appreciated than usual. Maybe a golden tree caught your eye. Maybe a song spoke to your heart. Think back and if there seemed to be any holy moment at all, remember it was no accident. Thank God for the gift. The truth is that if we want a better life, Attention and Gratitude often go hand in hand. Seeking to be aware of God's presence is a healthy step in having a happier life. Let God unbind your heart a little each day.

Blessings, Pastor Roger