

A post with a twist today. Read through the end.

What is it about thankfulness that can turn a day around…a life around? Turn the intolerable into bearable, change ordinary into extraordinary?

Glad you asked. I find that gratitude in any form, especially towards God, is a mood changer, and it heals. I have gotten into the habit of muttering to myself "thank-yous" throughout my day. Thank You, I was running late, but traffic wasn't bad; thank You, everyone's sick, but the elevator's empty; thank You, my boss is finally going on vacation!; thank You for the silly joke that had us laughing at bedtime; oooh, thank You for that last box of Oreo ice cream sandwiches….

I have become so aware of the many little things that go right for me every day, and I am acknowledging them. It definitely helps me appreciate the big things even more. Thank You that I was at my parents' bedside when they each took their last breath (well, some things are monumental). Thank You because when I fell and ate the wall, I didn't break my face; thank You because I got to celebrate my 61st birthday yesterday….

Anyway, you get the point of this gratitude practice, right? Friends and family, let's make 2024 a year full of "Thank-Yous."

What are you thankful for today?

Until next Thursday's post…si Dios quiere.

The Twist: Calling for guest contributors. If you would like to have RxfortheSoul post your piece on our Thankful Thursdays platform, reach out to me at conniecperez@yahoo.com. We would love to feature your two cents' worth of inspiration.

"Be grateful for what you already have while you pursue your goals.
If you aren't grateful for what you already have, what makes you think you would be happy

with more."
-R.T. Bennett

"Those with a grateful mindset tend to see the message in the mess. And even though life may knock them down, the grateful find reasons, if even small ones, to get up."
S. Maraboli

"The unthankful heart discovers no mercies; but the thankful heart will find, in every hour, some heavenly blessings."
–H.W. Beecher



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