



SPOKANE COUNTY
CHAPLAINCY
SERVICES



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GRATEFUL

It is too easy to take for granted what we have in life and then find yourself riddled with envy, resentment, and discontentment. But what if you were to live from a place of gratitude?

Gratitude is the antidote to envy, resentment, and discontentment; it tames the desire for more and leads to a content heart. Gratitude creates space for peace in our lives, and also helps us see the best in one other.

Treating your loved ones with gratitude means recognizing your life would be lacking without them and the tremendous blessings they provide. You were created for each other and to help each other through this life—not simply to survive but to thrive.

When practiced daily, gratitude can yield healthy benefits and nurture a lasting and meaningful relationship. Even in the midst of a fight, we can still be grateful. For example, someone who is ungrateful will constantly desire more things and more changes. They are rude and hateful when they encounter conflict within their relationships.

A grateful person demonstrates loving compassion, displays contentment, and approaches conflict with patience and grace. They are a joy to be around!

You were likely taught from a young age to be thankful for what you have in life.

Your parents probably told you to mind your manners, and as an adult, you have learned that there is much to be grateful for in relationships as well.

A life of gratitude is not only good for your relationships, but it's also good for your physical and mental health. Decide that you will be a grateful person who demonstrates gratitude in all you do. Enjoy time with family and loved ones. Do something kind, and find a way to practice gratitude today.

Letting your loved one know you are grateful for their presence in your life is a wonderful way to affirm him or her as your significant other.

1 Corinthians 14:4-8 gives us an example of selfless love “Love is patient, love is kind. It does not envy, it does not boast, it is not

proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.”

Demonstrating this kind of love and gratitude for one another on a regular basis creates an atmosphere for the miraculous and the abundant, generating more depth and health in your relationship.

Everyone wants to be valued and appreciated. They want to know they are noticed and not overlooked in this world. In your relationship, both of you make sacrifices for each other, and those should be acknowledged in some way. Don't allow an attitude of “Well, that's his or her job” or “That's what they should be doing.” to take precedence in your home. This way of thinking can foster self-mindedness.

A relationship flourishes when both people are focused and giving to one another.

-Chaplain Mark Smith