

A Worship Minute.....

by Max Lucado

An Attitude of Gratitude: A grateful heart is like a magnet sweeping over the day, collecting reasons for gratitude.

- A zillion diamonds sparkle against the velvet of your sky every night. *Thank you, God.*
- A miracle of muscles enables your eyes to read these words and your brain to process them. *Thank you, God.*
- Your lungs inhale and exhale eleven thousand liters of air every day. Your heart will beat about three billion times in your lifetime. Your brain is a veritable electric generator of power. *Thank you, God.*
- For the jam on our toast and the milk on our cereal. For the blanket that calms us and the joke that delights us and the warm sun that reminds us of God's love. For the thousands of planes that did not crash today. *Thank you, Lord.*

Gratitude gets us through the hard stuff. To reflect on your blessings is to rehearse God's accomplishments. To rehearse God's accomplishments is to discover his heart. To discover his heart is to discover not just good gifts but the Good Giver. Gratitude always leaves us looking at God and away from dread. It does to anxiety what the morning sun does to valley mist. It burns it up.

Join the ranks of the 10 percent who give God a standing ovation. "Give thanks for everything to God the Father in the name of our Lord Jesus Christ" (Ephesians 5:20 NLT).