

SOMETHING TO THINK ABOUT

Review Republican
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ARE WE A THANKFUL PEOPLE?

Thanksgiving is essential to personal magnetism. The famous stress researcher Hans Seyle claims that two attitudes more than any other influence the quality of everyday life, and on these two emotions “depend our peace of mind, our feelings of security or insecurity, of fulfillment or frustration, in short, the extent to which we can make a success of life.” The most destructive emotion is revenge. But in contrast, “among all the emotions, there is one which more than any other, accounts for the absence or presence of stress in human relations; that is the feeling of gratitude.”

Mike McAdams of Nashville, Tennessee, visited his wife Cheryl in the intensive care unit of the hospital. “How is she?” an anxious friend asked as he exited her unit.

“It’s touch and go,” Mike replied. “She recognized me. We prayed together and held hands. And then we quoted the passage about thanksgiving in the book of James that says, ‘Consider it joy, my brothers, when you face trials of many kinds . . . ’”

“You know,” he said, “it’s impossible to be anxious and thankful at the same time.”

James 1:1-8 (NASB)

James, a bond-servant of God and of the Lord Jesus Christ, to the twelve tribes who are dispersed abroad, greetings. 2 Consider it all joy, my brethren, when you encounter various trials, 3 knowing that the testing of your faith produces endurance. 4 And let endurance have its perfect result, that you may be perfect and complete, lacking in nothing. 5 But if any of you lacks wisdom, let him ask of God, who gives to all men generously and without reproach, and it will be given to him. 6 But let him ask in faith without any doubting, for the one who doubts is like the surf of the sea driven and tossed by the wind. 7 For let not that man expect that he will receive anything from the Lord, 8 being a double-minded man, unstable in all his ways.

The person who has faced no hardship in their life is missing out on life. It is the difficulties of life that shape us and let us know what to be thankful for and what is unpleasant.

Troubles are not pleasant and we shouldn't seek them, but we can learn from them and move on with life when we put our trust in God and lean on Him.

This Holiday Season will be nice for some folks and not so nice for others. What you expect and what your reaction is to this season depends a lot on what you are looking for. If you are expecting trouble and planning for it you can be sure the results are not going to be pleasant.

However, if you are looking forward to getting together with family, friends, neighbors, fellow workers and expecting a good time together you will probably experience what you expect. You see it is our attitude going into these Holidays that will make the difference.

Mike and Cheryl McAdams could have felt sorry for themselves and given up, but instead they trusted God and His Word and continued on with life. They had hope and hope makes the difference.

The Apostle James was a servant of Yahweh and of Jesus. He shares some very important words with us. We can learn from them and keep going, or we can give up and check out of life. I hope you will endure and keep after that which God has in store for those who follow Him. If you are not following Him you might want to reconsider your position and come to our Eternal Father who loves you and wants the best for you. Approach Him and seek His help, He will not disappoint.

Those who endure (that means some stuff isn't very pleasant) find something others do not. It is through the troubles of life that we gain renewed strength and grow in our faith. Perfection doesn't come easily. Through trial and error we come to learn that we are not in charge. It is God who is in control and we are better off when we put our trust in Him and keep moving toward the Kingdom of God.

If you want a stress free Holiday you must learn to be thankful and then there will be no room for anxiousness.

So what are you thankful for? Have you sat down lately and made a list of the things you are thankful for? Try it and you will learn that we are a blessed people and we have a lot to be thankful for.

Our world is in turmoil and seems to be falling apart. We can focus on that and have a pity party, or we can turn to God and tell Him our troubles and seek His answers to our problems. Too many people only seek God during the bad

times. We need to also turn to Him during our good times and express our gratitude.

So What Shall We Do?

The devotional book “Springs in the Valley” tells of a man who found a barn where satan kept his seeds ready to be sown in the human heart. He found that the seeds of discouragement were more numerous than the others and he learned that those seeds could be made to grow almost anywhere. But when satan was questioned, he reluctantly admitted that there was one place in which he could never get them to thrive. “And where is that?” asked the man. Satan replied sadly, “In the heart of a grateful person.’ Let’s be grateful people.

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