

Monday 20<sup>th</sup> July 2020

### Gratitude

You will have noticed how those who spend a lot of time and energy on their gardens reap the fruits of their labours because they grow stronger and healthier plants and harvest better crops than those who pay little attention to their gardens. Those who get to know the kind of soil they have and the kinds of plants which grow best in it etc. will have better plants and crops because they have taken the time to learn.

*Psalm 107: 1*

*'Give thanks to the Lord*

*because He is good;*

*His love is eternal.'*

It also takes time and energy to create and harvest a spirit of joy in our hearts. We can do this by showing our gratitude to God. When we read God's Word, we learn about Him. The more that we read God's Word the more we learn about Him and get to know Him. As we get to know Him better, our lives become more enriched. When we follow Him by putting His Word into practice we will grow and be nurtured with the spirit of joy in our hearts. The more time and energy we put into this, the greater our joyful spirit will be. The lives of our partners, families, neighbours, friends and colleagues will also be enriched.

We will be reminded of His faithfulness to us and of our need to be faithful to Him and others. A lack of faithfulness to Him and to others will bring sorrow to our hearts and to others.

God's love to us is eternal. Our love for Him should also be eternal. In following His ways, we will show our love for Him and for others. We will not hurt Him or others.

*Psalm 107: 8-9*

*'They must thank the Lord for his constant love,*

*for the wonderful things He did for them.*

*He satisfies those who are thirsty*

*And fills the hungry with good things.'*

Prayer: Gracious God, our Heavenly Father, we give You thanks for all that You do for us. We thank You that You are always there for us. We thank You for Your love for us. We are reminded that the more we read Your Word, the more equipped we will be to take the path

in life that You would wish us to take and that through doing so we will find the spirit of joy in our hearts.