



*Psalms 69:30 "Then I will praise God's name with singing,
and I will honor him with **thanksgiving**."*

The importance of giving thanks!

I was talking with one of the guys today. He was talking about the polygraph he is scheduled to take in a couple days. (This is a lie detector test that many of the men must take as often as every 3 months.) The anxiety for most men is extremely high as they think about the consequences of failing a poly. It could mean a trip back inside the walls.

We get asked to pray with the men on many occasions. (Prayer for a poly is high on the request list.) Today was no different. This man's anxiety was starting to build, and it was time again to remind him that if he told the truth, he didn't have to worry. We prayed and asked Jesus to calm his fears. After we prayed, he started to talk about how he felt calm and how thankful he was.

At this point he remembered what his mother would tell him when he was a kid. "When you start to worry, pray and count your blessings. Start a list of things to be thankful for and worry will fade." She compared the sun (which is large) to our blessings. But, if you place a quarter (a coin, small and representing worry) close to your eye, it will block out the sun (blessings). A little worry will stop us from seeing all the blessings we encounter each day.

As a parent it is great to hear words of appreciation and gratitude from our children. Let us not forget that we are God's children. And as our Father, he longs to hear us give Him credit for all that He does for us minute by minute. When we concentrate on how He takes care of us and how he is in control, worry seems to loosen its grip.

To God be the Glory,

Jeff

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