



Gratitude is the heart of prayer. A sense of gratitude is a sign that we've reached, by God's grace and a little effort on our part to perhaps, the healing state.

St. Paul reminds us to thank God in all circumstances. This means we are called to thank him even, and perhaps especially, for that which we consider negative in our lives. That is quite counter-intuitive. But please listen up. What are your problems on the physical level? Chronic pain, disease, etc.? What are your problems on the emotional level? Feelings of hurt, anger, fear, guilt, shame, resentment, etc.? What are your problems on the spiritual level? Lack of faith, severe doubt, despair, anger with God, etc.? What's going on in your life that's making you say, "This is killing me?" Thank God for all those problems! Yes, thank Him over and over again.

Why? Because as your problems kill you; as they make you die, they are transforming you from the person you are to the Person He wants you to become. Yes, our problems are there to transform us into Christ! The seed needs to die to become a flower. We need to die to whom we think we are, to what we think our life should look like, to our plans, etc. This dying is for our good and happiness even though it does not feel so good. God always brings the best of things out of the worst of things. Witness the Resurrection and healing and forgiveness that God brought out of even our sin, our killing Him! Witness the "bad" in our life over the years and ask yourself, "What good did God bring from that?"

Thank Him not for just what you think is good but for what you think is bad in your life. Do that and watch what happens!

What a wonderful God we have!