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Attitude of Gratitude

By The Rev. Matthew Hanisian

I will praise the LORD as long as I live;
I will sing praises to my God all my life long.
~ Psalm 146:2

Many years ago now, when I was far too immature to understand the wisdom that was being shared with me, I was told that it was my attitude that would shape who I would become, change the course of my life, and would ultimately decide how I would spend my days.

I've found, in the almost thirty years since I was first told this truth, that indeed our attitudes have much to do with who we are.

The attitude that has had the most lasting effect on my life is gratitude. I am grateful to God for, well, everything. When one is grateful, everything falls into place it seems.

The response of gratitude to God for all that we have and all that we've been blessed with can happen at any moment and in any stage of our lives. And, the wonderful thing about gratitude is that we can find this attitude of being at any moment in our lives, at our pinnacle of being and at our lowest depth.

What is even more amazing about an attitude of gratitude is that it amplifies the good, always – the best situation becomes even more wonderful; conversely, the worst situation becomes slightly less terrible.

For what are you grateful today? How will you, like the psalmist, sing your praises to God?

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