

REACH OUT



FINDING YOUR PLACE IN THE COMMUNITY

Week 9: Thankfulness

People today are very self-centered. The Burger King slogan, “Have it your way” seems to dominate our mindset, as we demand faster food, higher resolution TVs, fancier phones. We don’t often stop to think about the people who make our lives so blessed.

Take a moment to stop thinking about what *you* want or need, and think about who meets your needs. For example, who was involved in providing you with your last meal? Perhaps your parents worked to provide the money to purchase food for you to eat; tell them thank you. Consider the people who made your meal - a crew of people in a kitchen, workers in a factory, bakers, butchers, farmers growing the crops that would become your meal; be thankful that you are provided with food. There are many places where people are not as fortunate as you, where there is no one to provide them with food; be thankful that you have your basic needs met.

Now think beyond food. What else is provided for you that you take for granted? A place to live, transportation, friends, family, education, a phone, being a part of the Drama Dept. Consider what you have and think about who has been involved in getting it for you. Thank those people.

Mark Twain once said, “*Don't go around saying the world owes you a living. The world owes you nothing. It was here first.*” While the purpose of this week’s message is not to make you feel that you are worthless and should not take care of yourself, your focus should be on being thankful for the gifts you have been given.

Challenge: Thankfulness

Consider the many blessings you take for granted on a daily basis. Think about the people in your life who give you what you need, who bring you joy, who give your life purpose. Pay attention to the people who work hard to make your life better - your teachers, bus drivers, cooks in the kitchen, the checker at Walmart - there are so many people who work very hard to give you a better life. This week’s challenge is simple. Tell those people “thank you” and show them that you appreciate them. If you learn to be thankful in all you do, more blessings will come to you, and you will live a more fulfilling life.