

“Thank God for Physical Blessings”

This article is from the "Among Friends" section of the Church of God Big Sandy's— website (churchofgodbigandy.com). It was posted for the weekend of Aug. 13, 2022.

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BIG SANDY, Texas—One of the greatest sins in this life is the sin of ingratitude. Our loving Father wants His children to express thankfulness to Him and to each other.

There are many scriptures that mention the importance of giving thanks to God. One of the most famous stories is the account of Jesus cleansing the 10 lepers (found in Luke 17:11-19).

Do you remember the main lesson in the story?

A group of 10 lepers asked Jesus to have mercy upon them (verse 13). Jesus told them to go see the priest (verse 14)—to confirm that they were cleansed.

Only one of the ten turned around to expression appreciation (verses 15-17).

How about you? Would you have been the one person to thank God?

This week we will discuss the idea of thanking God for our physical blessings.

Points to ponder

Here is a short list of some of the physical blessings in our lives.

- The creation — the beauty of nature
- The miracle of birth
- Your birth parents—those who gave you physical life
- The people of your childhood (birth parents or others) who created the positive elements of your childhood
- The people of your childhood (birth parents or others) who helped you to

learn from the negative elements of your childhood

- Your physical body—even with your physical limitations
- Your emotional capacities
- The ability of the emotions to feel—to enjoy the positive
- The ability of the emotions to mourn—to handle the negative
- The beauty of music
- Your mental capacities—even your presumed limitations
- The marvels of inventions—including hydraulics, the printing press, the computer, the Internet, etc.
- The liberties of your homeland
- The opportunities for education
- The opportunities for employment
- The opportunity to have possessions in this life
- The lessons learned in marriage (or in marriages)
- The lessons learned from having children and grandchildren
- The lessons learned from helping other families who have children and grandchildren
- The connection made with childhood friends
- The connection made with friends established later in life

Remember God

As we enjoy meditating about the many physical blessings in our lives, let's be sure that we continue to give our appreciation back to God.

1 Thessalonians 5:16-18—"Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you."