

Remembering Our Blessings Heals

As soon as they started to go to school and learned how to read, Jenny and Annie were taught at home to read and love the Bible. Each girl had a little Bible of her own. Every night before going to sleep they would turn the pages until they found a verse that they wanted to read to their mother.

One day, their mother was very cross and unhappy. Things seemed to go wrong at work all day, plus she had a sore throat. Jenny and Annie had gone to bed and were waiting for Mother to hear their verses and to say good night. As Mother entered Jenny's room, Jenny was reading very slowly and carefully a verse from Psalms 92 that said, "It is a good thing to give thanks unto the Lord."

Mother told Jenny that the verse was just what she needed. Instead of grumbling and complaining, all day she should have been grateful for God's Love that is always with her and gives her many blessings. She told Jenny that maybe they could spend some time saying all the things for which they were grateful. Jenny started by saying, "Thank you God for my pretty home and for my Mommy who loves me. Mother was next and she said, "Thank you God for Jenny and Annie, for food and clothes, and for my kind friends and neighbors."

This was fun. There were so many things to be grateful for that Jenny and her mother kept on and on thanking God for all his blessings. Then suddenly mother realized that her throat wasn't sore any more and that she was well. She and Jenny hugged each other and then they ran into Annie's room to tell her about how the power of being grateful had healed Mother.

When we thank God, we are filling our thoughts with good, and the good thoughts keep out the thoughts that can make us unhappy or sick.



S&H 3:22 "Are we really grateful for the good already received? Then we shall avail ourselves of the blessings we have, and thus be fitted to receive more."

Psalm 92:1 "It is a good thing to give thanks unto the Lord."