

Thanksgiving

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Thankfulness is a foundation of the Christian life. It is a healthy and conscious response that comes from acknowledging our blessings, looking beyond them and concentrating on their source.

As Christians we have been forgiven, saved from death, and adopted as God's children! There could be no better reason for a grateful heart!

Lepers in Jesus' days were social outcasts. Their highly contagious condition ostracized them from their families and the community. When ten lepers encountered Jesus, they implored Him to show them mercy. Jesus sent them to the priest, and as they obeyed, they were healed. The ten men had been forbidden to enter their own villages, to live in their own homes, to work in their own jobs, and even to touch their own children. Imagine what joy must have filled them as they ran back home again!

Only one of the lepers, a Samaritan, stopped and ran back to thank Jesus, who asked him, "Where are the others?"

Ten lepers had been healed. Ten lepers were reveling in their new found health. Ten men were rushing to share the miracle with their families. But only one considered the Source of the blessing and stopped to thank and worship the One who had given him back his life.

This week, and all the time of our lives, the purpose is to go back to the Source...

We have to also overcome the tendency to keep looking for little happiness fixes that will keep us from noticing other deeper frustrations... Neil Clark Warren has instructed in his profound book, **Finding Contentment**, that this headlong pursuit of instantaneous happiness is designed to distract some people from the emptiness they feel and to numb

the pain of their relationship difficulties and gnawing sense of low self-efficacy. This addiction requires daily, sometimes hourly, quick fixes...

The solution is that of practicing gratitude not as sign of obligation but as a clear manifestation of love, solidarity, mutuality and civic virtue. When the primary motive of gratitude is protocol or mere formality, obligation tends to choke the human heart. This condition can always be read in the eyes of the person...The eyes are the tunnel to the heart.

Let me get more extreme. As human beings, we have to give thanks sincerely. We have to do so as a sign of civility and as an indication of a quality behavior (meaning doing the right thing all the time).

If we want to develop our character, we have to express in a sustained manner our debt of gratitude to our family, friends, colleagues, teachers and mentors. In other words, we have to work hard to become grateful people.

The ability to experience gratitude and offer heartfelt thanksgiving is one of the most fundamental attributes of a healthy character. It is also a sign of life and spiritual wholeness. True gratitude means being able to see that everything that we have is a gift, and life is the greatest gift of all. We can all count our blessings.

These days, I continuously practice strong gratitude. Every morning, I thank God and say “here comes another day in which I have health, thoughts, energy, hope and enthusiasm, and I am going to make a difference.”

I am grateful for the abundance of my life. Life is good and life is a gift.

So giving thanks is how each of us can make a difference and can change people, families, organizations, communities, societies and the world.

Learning to show gratitude is a call to psychological action, to come together, right now, to solve problems, to transform organizations and to save lives everywhere. The call is to seek out what each of us, regardless of income, available time, position, age, and skills, can do to service and help to give people a chance to live out their promised dreams... The aim is to emulate the Source!

We can give money, time, services, knowledge, support, things, ideas, reconciliation and new beginnings... But we can also give and share spiritual capital, peace, faith, hope, charity, compassion, forgiveness, humility and above all, love and gratitude.

Like the lepers, we have also been healed and made whole by the Savior. We are free to enjoy the abundant life that graciously has been given to us. Today, and for the future, let us not rush off so quickly to glory in our blessings without stopping to thank the Redeemer.

God looks for our thanksgiving. Our worship, prayers, work, service, and daily undertaking ought to be saturated with thanksgiving to God.

I express to the living God, family, friends, customers, students and colleagues...

Thanks to you all!

Thanks to the PR Daily Sun for this forum of thanksgiving expression!

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