



From the Heart of Our Pastor

“O Give Thanks Unto the Lord for His Mercy Endureth Forever.”

November 2015

It has been said that being grateful increases our emotional health. Researchers had one group of students write for twenty minutes each day about things for which they were grateful, a second about things they were angry about, and a third about random topics like the color of their shoes. The happiest were the ones who wrote about things they were grateful.

Great blessings are promised to those who are grateful. The Lord said, “He who receiveth all things with thankfulness shall be made glorious; and the things of this earth shall be added unto him, even an hundred fold, yea, more.” Let us follow the counsel of Paul who said, “In everything give thanks: for this is the will of God in Christ Jesus concerning you.”

Gratitude is a mark of a noble soul and a refined character. It is enjoyable to be around those who are grateful. They tend to brighten all around them. They make others feel better about themselves. They tend to be more humble, more joyful, and more likable.

It appears, many people are unhappy because they have not learned to be grateful. Some carry the burden of bitterness and resentment for many years. Some pass their days as though suffering a deep sadness they cannot name. Others are unhappy because life did not turn out the way they thought it would.

Because of Thanksgiving, November is a month when much emphasis is placed on being thankful. I suggest that living in thanksgiving daily is a habit that will enrich our lives and the lives of those we love. Anger, resentment, and bitterness stunt our spiritual growth. We must let go of the negative emotions that bind our hearts and instead fill our souls with love, faith, and thanksgiving.

The Book of Mormons teaches, “The grateful man sees so much in the world to be thankful for, and with him the good outweighs the evil. Love overpowers jealousy, and light drives darkness out of his life. Pride destroys our gratitude and sets up selfishness in its place. How much happier we are in the presence of a grateful and loving soul, and how careful we should be to cultivate, through the medium of a prayerful life, a thankful attitude toward God and man!”

May we daily find a fresh purpose for giving God thanks for the many blessings in our lives. Let us practice what Mr. Johnsons Oatman suggests in his hymn, “Count your blessings, name them one by one; Count your blessings, see what God hath done; Count your blessings, name them one by one; Count your many blessings, see what God hath done.”

The Master’s Pastor,
Bishop Dr. William M. & Lady Patricia J. Polley