



# Gratitude & Faith

"Being grateful is a choice. It's not a feeling dependent on our circumstances as we clearly see in the Pilgrims lives. They believed that God was in control - 'Providence' they called it. They responded to the circumstances of their lives with a perspective that said, 'God has allowed this for our good.' Remembering our dependence on past mercies kindles gratitude. Gratitude is past - oriented dependence; faith is future oriented dependence. Both forms of dependence are humble, self-forgetting and God exalting. If we do not believe that we are deeply dependent on God for all we have or hope to have then the very spring of gratitude and faith runs dry."

Barbara Rainey: Thanksgiving - A Time to Remember