

Day 11 Colossians 2:6

I have experienced episodes with depression at various times of my life. Over the years I have acquired some tools that have helped me along the way. One of those tools is gratitude and thankfulness.

Gratitude is not just a Christian concept. There are scientific studies that show gratitude and thankfulness can affect endorphins in the brain to influence positivity and lessen depressive symptoms.

Social media and self-help books have picked up on this as well. Practicing gratitude has become part of healthy diet for the mind. For everyone.

At the end of Colossians 2:6 we are instructed to be strengthened in faith and overflowing with thankfulness. This is not the first place we have been told to practice gratitude in Colossians. We were told earlier in chapter 2 to be thankful to our Father joyously.

As believers we don't have to go far to find something to be thankful for. Let's take time today to go through some truths we have learned thus far that will encourage our gratitude.

We were told that the very mystery of God has been revealed to us. We were told that we have been sought and bought by a loving giving Father who had a plan from the very beginning to redeem us.

We are part of an ancient promise, and we have intense purpose individually and corporately.

We have learned that regardless of what life brings us hope will hold out within us. We have the promise of that hope being powerful to sustain us in the darkest of times.

We were given the assurance that through Christ we have a King who has already established our identity into His kingdom. We have been called to it by God himself who calls us rich, and heirs to more than we can ever imagine.

We have learned also that we have unity in Christ, which helps us to serve one another in a unique way. We have wisdom to give one another. Our God in Christ views us as one in Him, so we are not alone in our journey. Highs and lows.

As believers we have been given the privilege of being a part of Christ's church. He actually uses us to bring Him glory. We are part of Him being recognized by people who have yet to believe. It is a distinct honor to be able to serve Him in this capacity.

And there is this - we have Christ in us. Regardless of what we feel about ourselves, or what others say about us, that is something to be thankful for.

We are only in chapter 2 and our gratitude is beaming.

Thankfulness doesn't always change our circumstances, but gratitude does change our perspective. It lightens us in our souls and it gives us the courage to help others.

If we strive, may it be to be grateful children.