

Count Your Blessings Everyday

Introduction

Undoubtedly every person wants many blessings in their lives. However, before we begin with the sharing of the FA sharing materials, let's all understand the meaning of blessing. What does blessing mean? Essentially, there are three words to translate the word "blessing" as follows:

- *"Praised"*: such as God be praised;
- *"To call on God's gracious power and to ask God's favor for"*;
- *"Fine speaking"*: It means to speak well of;

How many types of blessings are there? As we know, blessings of God can be classified into two major types – **spiritual blessing and material blessing**. A blessing can mean the good consequences from doing what God commands, as in *Ecclesiastes 2:26* and *James 1:25*, or a specific blessing, which is given directly to a certain person, like with Jacob. Blessings can come in many forms. They aren't always material benefits, but can be things like knowledge and wisdom, as stated in *Ecclesiastes*. Things can be blessed too, like food. But it's not just food that can be blessed. A day can be blessed too. *Genesis 2:3* says that on the seventh day of creation, "He blessed the seventh day."

Discussion

1) Counting Your Blessings Leads to Contentment

If you read and think faithfully the above statement, do you agree with the statement? How often do you count your blessings in your everyday life? If you are like me, not often enough. I leave my home in the mornings, get in my car and head out for my job. Those three things alone (home, car, and job) are enough to be thankful for the way things are going these days.

For some reason, most of us choose to spend our valuable time griping about what we don't have, rather than being thankful for what we do have. This lack of contentment drives us in a never ending search for bigger homes, nicer cars and a higher-paying job. **And the lack of contentment leads to the lack of happiness in our lives!** So which one do you choose? Be content or lack of contentment? I am sure we all choose the former.

Now don't get me wrong, there is nothing wrong with a little ambition. It is perfectly acceptable to strive for a nicer place in life, but it should not be the driving focus of your life. Your current circumstances should not give you an inferiority complex. After all, most of us have probably all been in the same place at some point in our lives. Let's all read what Paul tells us in *Philippians 4:11* **"Not that I speak in regard to need, for I have learned in whatever state I am, to be content"**. That's precisely how we must be thankful to God for what we have.

The bottom line is that it is good practice to get in the habit of counting your blessings everyday.

2) Rejoice In The Lord

The Lord commands us to rejoice all the time. This will for sure lead us to receiving more blessings in our lives such as happiness, healthiness, peace, and many others. In *Philippians 3:1* Paul says, "*Finally, my brethren, rejoice in the Lord*". And later in the same epistle *Philippians 4:4* he says, "*Rejoice in the Lord always; again I will say, rejoice*". God wants us to be a happy, rejoicing person. Although we'll suffer as Christians, and life isn't always going to be perfect. God wants us to rejoice and be blessed!

3) In Everything Give Thanks

As we communicate with God, make a large part of our prayers the giving of thanks. Paul says in *1 Thessalonians 5:16-18* "*Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus*". Not only can we incorporate thanksgiving into our prayers as we express our desires and concerns to God, we can also offer up prayers wherein all we do is offer thanks.

When I'm going through my day, and especially when things go right, I constantly thank God. And even if it's a really bad day, I still thank God for giving me a good life and blessings.

Prayerfully casting your cares on God while offering thanks for your blessings, results in a happy and joyful life -- you'll rejoice in the Lord.

Conclusion

A secret to happiness is prayerfully counting our blessings everyday, while offering thanks to God. When we're having a bad day, take a few minutes and start thanking God for all the blessings He's given to us. We'll find that our focus turns from things that make us sad, to things that make us happy.

As children of God we are entitled to His supernatural blessing. The blessing is the act of releasing the supernatural power of God into another person's life by the spoken word of spiritual authority. Don't live another day without the blessing of the Lord upon us and our family.

If we want to a happy life and lead our lives to the fullest, always remember these:

Counting your blessings leads to contentment;
Rejoice in the Lord always; and
In everything give thanks. Amen!