

How High Can You Count?

Chaplain Rick Bradley

During these annoying COVID-19 months, I sometimes remind myself:

“Gratitude and griping cannot live in the same moment.”

Yes! In my moment of irritation, if I will just stop, breath deeply, and give thanks to God for something, even my orange juice this morning, my griping attitude fades.

I really like this good old gospel song:

When upon life’s billows you are tempest-tossed;

When you are discouraged, thinking all is lost,

Count your many blessings, name them one by one,

And it will surprise you what the Lord has done. (Johnson Oatman, Jr.)

Now, if I need help remembering some “blessings,” I might review this Psalm:

Bless the LORD, O my soul,

And **forget not all His benefits:**

[Even better than health insurance ...]

Who forgives all your iniquities,

Who heals all your diseases,

Who redeems your life from destruction,

Who crowns you with lovingkindness and tender mercies,

Who satisfies your mouth with good things,

So that your youth is renewed like the eagle’s. (Psalm 103:2-5)

That last phrase reminds me of what some of you have said: “You’re as young as you feel!”

Oh! But, about being healed of “all diseases” – right: everyone dies of something, so, we can understand it this way: when we do heal, we know Whom to credit, ultimately. And, some of you have declared, “If I’m not healed in this life, I’ll be completely healed in Heaven.”

Then, there’s some excellent guidance in the New Testament that includes gratefulness:

Be anxious for nothing, but in everything by prayer and supplication [or pleading], **with thanksgiving**, let your requests be made known to God; and the peace of God, which surpasses all understanding [or all human manufacture], will guard your hearts and minds through Christ Jesus. (Philippians 4:6-7)

So, another stanza of that gospel song above:

Are you ever burdened with a load of care?
Does the cross seem heavy you are called to bear?

Count your many blessings, ev’ry doubt will fly,

And you will be singing as the days go by.

God bless you with his peace, grateful man, thankful lady, through Jesus the Savior.