

Relationship Rehab Show

FREE DOWNLOAD: Episode # 24

Gratitude Moves Mountains

We all have occasional mountains that we wish would move. A relationship that is troubling. The loss of a job and the need for another. A depression that ruins our quality of life. An illness. Loneliness. Inadequate income. What do these have to do with gratitude? Isn't gratitude simply saying, "Thank you" when you're given a gift? Or a glass of water? Yes...and...

For reasons I don't understand yet, being grateful seems to be my life lesson. It's come up over and over again in different circumstances, but always with an amazing result...as I practiced it.

When I've asked God what to do about a troubled relationship, one of the clear instructions I've gotten has been to be grateful. "For what?" you ask? That there is an answer. For what is good and appreciated in that person. For the lessons that will come that will change me...make me a better person.

Apostle Paul in [Philippians 4:6-10, Living Bible](#), gives us a clear recipe for how to live without anxiety...it is in part, to be grateful for the answers that will come. This recipe works whether you are a dedicated Christian, bible believer or not. Every spiritual practice has a similar plan for living at peace.

1. State what you need.
2. Be grateful that it is coming to you.
3. Relax, be at peace.
4. Think on positive things.

No matter when you happen to read this, the message will be appropriate although it was first published the week of Thanksgiving. This holiday was originally named in honor of the survival of early settlers due to the generosity of their neighbors. Do you have a generous neighbor for whom you can express gratitude? Maybe it's time to be generous to a neighbor that needs a smile, a helping hand, a plate of cookies...

During a time of great financial stress, the “solution” was the same. Find things every day for which to be grateful. Sometimes it was only the beautiful shade of green of our lawn! I bought a 79 cent envelope of [sweet pea seeds](#) and planted them along a fence in our backyard. Soon there were 30 feet of lush, 8 foot high, multi-colored flowers showing off their beauty in our backyard. I felt rich as I shared them with family, friends and neighbors.

Gratitude is a valuable life-skill that will uplift you and everyone with whom you come in contact. Then, chances are very good, the circumstances will change, as well.

As recently as today, my anxiety was transformed to a restful nap by the practice of gratitude! Yes, I still have to practice!

Whether you are alone this Thanksgiving, or celebrating with friends or family...whether you do it aloud around the table, or quietly in your heart, make gratitude a part of this day and every day thereafter. Begin writing down the changes that come within and without as a result of the mountains of negative attitudes and unwelcome circumstances that are moved!

Wishing you a wonderful day, week...year as you practice gratitude.

A handwritten signature in cursive script that reads "Nancy Landrum".

This lesson is also taught in Chapters 3 and 4 in [How to Stay Married & Love It EVEN MORE!](#) by Nancy Landrum with Jim Landrum.

www.RelationshipRehabCoach.com