

A Journey in Thankfulness by Dr. Ron Harvell

I was asked recently by a student in a counseling course what I thought the end goal of counseling was. I said, "Thankfulness." Being thankful is a challenge for many. All of us have had bad things happen in our lives. All of us have unique and challenging storms. A tool to help weather the storm is thankfulness.

Thankfulness and subsequently *thanks-giving* gives one a different perspective. Thanks-giving is a way to look up and out from the storm and find something or someone to be thankful for. Thankfulness is a great goal for the future and a great friend for the present journey.

The passage of scripture below is Psalm 8 in the Old Testament, written by a king named David. Listen to his thoughts and pray the prayer of thanksgiving written from parts of David's psalm.

*1 O LORD, our Lord, how majestic is Your name in all the earth,
Who have displayed Your splendor above the heavens!
2 From the mouth of infants and nursing babes
You have established strength because of Your adversaries,
To make the enemy and the revengeful cease.
3 When I consider Your heavens, the work of Your fingers,
The moon and the stars, which You have ordained;
4 What is man that You take thought of him,
And the son of man that You care for him?
5 Yet You have made him a little lower than God,
And You crown him with glory and majesty!
6 You make him to rule over the works of Your hands;
You have put all things under his feet,
7 All sheep and oxen, and also the beasts of the field,
8 The birds of the heavens and the fish of the sea,
Whatever passes through the paths of the seas.
9 O LORD, our Lord, how majestic is Your name in all the earth!*

You may have sung some of the words of Psalm 8 in hymns or other worship songs. David began and ended this song of praise by acknowledging who God is. The LORD, the self-existent and eternal One, was David's master and superior; He was LORD of David.

The LORD displayed His splendor, and David took notice. As he considered God's creation, he was humble before the LORD. It amazed David God would take thought of him and care for him. Yet God not only cared for David and all humans, He even put people in charge of His creation. The LORD is indeed excellent, powerful, and majestic in all the earth!

Perceive and consider the LORD and what He is doing in your life and the lives of those you love. Give thanks as you think and pray Psalm 8:3-4 and 9 over yourself and them.

*"LORD, help _____ and me to consider Your heavens,
the work of Your fingers, the moon and the stars, which You have ordained.
Thank You for taking thought of us. Thank You for taking care of us.
Oh LORD, our LORD, how majestic is Your name in all the earth!
I am thankful for _____.
In Your name, LORD Jesus~"*