

## January Family Devotion #2

Biblical Character Trait: Gratitude

For the month of January, we will be focusing on the biblical character trait of gratitude. Our definition of gratitude is letting others know that you see how they have helped you.

**#BLESSED**

**by Mrs. Tricia Whitaker**

When our children were very little, we had a tradition on family night that was the highlight of our week. Each week, I would put a vinyl tablecloth on the kitchen table with a selection of Sharpies. After dinner all of us would grab a Sharpie and record the highlights of the week on the tablecloth. Recorded are tests that were aced, a picture of a race car when Jimmie Johnson won courtesy of preschool Caleb, driver's permits received and other blessings we had experienced throughout the week. Every so often, we go back and remember the many blessings we celebrated years ago.

Remembering and celebrating the blessings that God brings our way is concept that is found all through Scripture. The Israelites piled stones in the River Jordan to remember the miraculous crossing, wore phylacteries and held feasts - all to commemorate the work of God in their lives. Jesus Himself instituted the sacrament of Communion to help us remember and thank Him for His work of redemption on the cross.

Today we live life at the speed of the nearest wi-fi network and describe it in 140 characters or less. I find that blessings speed by me before I've had the chance to recognize them, let alone give thanks for them. In order to cultivate gratitude in my life and in my children's lives, I have found that taking the time to verbally recount gifts of grace helps us see blessings that we did not see before and fully acknowledge the goodness and loving kindness of God. It can be as simple as sharing at the dinner table or in a family group text. Physical reminders like our vinyl tablecloth or a family night journal can be fun and precious as they mark weeks and years of blessing.

Take some time to share the blessings God is showering on you today with your family. Help your children recognize the bits of grace that He gives to all of His children. As for me, I'm pulling that old tablecloth out to use tonight at dinner. We are going to have a great time!

*We used the Family Table Time tablecloth. See more of their products and services at [familytabletime.com](http://familytabletime.com)*

