

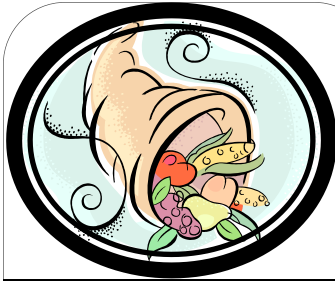
# "Psyche Me Up"

A Monthly Newsletter : Brought to you by the SU Counseling Center

## In ALL Things? Really?

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We, unlike so many in our world, are **inexplicably blessed**: With hot showers and warm drinks on cold days ... cool showers and cold drinks on hot days ... warm clothes and cozy blankets in winter ... pillows for our heads, shoes for our feet ... lights at the flip of a switch and a flushable toilet... clean water from any faucet ... medicine when we're sick, ice cream when we're depressed, chocolate for any ailment, and peanut butter just because . In big things and small things, we have **only what God gives us** and much to be **thankful** for!

### Thank-ful:

1. Acknowledgment of a kindness and/or mercies received; 2. Impressed with a kindness received; 3. Appreciative; 4. Grateful for benefits received.

*Where would you be without Christ? What are you forgetting to thank God for?*

### Need More Help? Talk to someone!

Talk to your roommate, a friend, your RA, CA, SRD, or stop by the Counseling Center!  
Located in the Owens Center Suite 208  
Phone: 530.226.4106  
www.simpsonu.edu

Maybe it's just me, but has anyone else noticed that somewhere along the way, we have exchanged the **discipline** of giving thanks in ALL things, with the **emotion** of giving thanks when we get **GOOD** things? When hard times come, thankfulness may be the **furthest thing** from my mind ... but what if it was the **first thing** that came to mind? Can you imagine that?! What if a **discipline of thankfulness** could change everything? What if the **very act of choosing** thankfulness when it would make more sense to choose anger or bitterness, or fear, or any other justifiable emotion, is itself **THE GOOD thing**?

I love this story from Mark Buchanan's book, *The Holy Wild*: "I was in **Uganda, Africa**, in a little township called Wairaka. Every Sunday, about one hundred Christians from the neighboring area would **gather to worship**. They met at the edge of a cornfield, **under a lean-to** with a rusty tin roof that cracked like gunfire when it rained. They sat—when they did sit—on **rough wood benches**. The floor was dirt ... One Sunday evening, I was too sour to join in. The music sounded squawky. I was miffed at someone on our missions team. I found the food bland. I was **feeling deprived and misunderstood**. I was miserable, and I **wanted to wallow** in it.

The pastor asked if anyone had anything to share. Many people wanted to, but a tall, willowy woman in the back row **danced and shouted loudest**, so he called her forward. She came twirling her long limbs, trilling out praise.

"Oh brothers and sisters, **I love Jesus so much**," she said.

"**Tell us, sister!** Tell us!" the Ugandans shouted back.

"Oh, I love him so much, I don't know where to begin. **He is so good to me**. Where do I begin to tell you **how good He is to me?**"

"Begin there, sister! Begin right there!"

"Oh," she said, "**He is so good**. I praise Him all the time for how good He is. **For three months, I prayed to Him for shoes**. And look!" And with that the woman cocked up her leg so that we could see one foot. One very ordinary shoe covered it. "**He gave me shoes**."

The Ugandans went wild. **They clapped, they cheered**, they whistled, they yelled. But not me. **I was devastated**. I sat there **broken and grieving**. In an instant, God snapped me out of **my self-pity** and plunged me into **repentance**. In all my life I had **not once prayed for shoes**. It never even crossed my mind. And in all my life, I had **not even thanked God for the many, many shoes I had**." Guilty as charged. Me neither.

I can't help but think that, really, those who **have less** may have found the **secret** to enjoying the **richness of more**. They are **thankful for the smallest of things**. Like shoes. Like food. Like water. We who have so **MUCH** have lost our thankfulness in all things. The **clamoring for, and expectation of, "more", has achieved for us LESS**.

What if **Instantaneous Gratitude** could replace our need of instant gratification?

*"For although they knew God, they **neither glorified Him as God nor gave thanks to Him**, but their thinking became futile and their foolish hearts were darkened."* Rom. 1:21

Happy Thanksgiving!