



The Good News

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Counting Our Blessings...

By Michael McCleary

We sometimes sing #392, “Count Your Blessings”. Have we ever sat down and counted up all the blessings that the Lord has given us? **Ps. 68:19** reads, “*Blessed be the Lord, who daily loads us with benefits, the God of our salvation!*” **Prov. 28:20** reads “*A faithful man will abound with blessings, but he who hastens to be rich will not go unpunished.*” Sometimes in life we get discouraged or depressed. But God blesses us with so much everyday. Sometimes we, as families and as individuals, can take them for granted.

One of my favorite movies of all time is “White Christmas” starring Bing Cosby and Danny Kaye. In this movie is a scene in which Bing Cosby sings a song dealing with blessings called “Count your blessings instead of sheep” This is the first stanza of that song:

“When I'm worried and I can't sleep
I count my blessings instead of sheep
And I fall asleep counting my blessings
When my bankroll is getting small
I think of when I had none at all
And I fall asleep counting my blessings”

Following this advice is wise, whether you have trouble going to sleep or not. It gets us in the habit of counting all our blessings, and the list will not be small. And yet, for all the physical blessings that we can think of, the most important of all the

blessings God gives us are spiritual. In **Eph. 1:3**, Paul says “*Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ...*” He gives us hope and peace through His Son. As long as we are faithful, there should never be a reason to be overly sad...there are too many reasons to have joy!

So the next time you have trouble sleeping, or are having a bad day, or find yourself complaining or discouraged about bad things in life, go find a songbook and sing #392 “Count Your Blessings” After you do that, read the aforementioned passages and remember what Peter said in **I Peter 5:7**, that we should cast “*...all your cares upon Him, for He cares for you.*” As we count our blessings today, let's realize how wonderful it is to know that our Lord is taking care of us.