**Unnatural**  
With one foot out the door, the child's mother whispers behind her child, "Tell Ms. Sandy thanks for having you". The child shrugs then responds, "Thank you for having me Ms. Sandy" but then happily bounds off towards home!  
  
It's just not natural to be thankful...and remembering can be the hardest part. Even I catch myself thinking that I need to send a thank you note and yet never end up putting the words down to mail it out. The generations above us were extremely good at this! I've noticed that it's always been important for them to write the note AND to send it. They grew up with very little as compared with what we have today. But it was ingrained in them to respond with thankfulness in the little that they did have.  
  
**Paul also knew the importance of being thankful. One of his examples is in Colossians 2:6-7," So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness."**  
  
Since it's hard to remember, it's important to practice! If we are not thankful we can end up spiraling into the pit. I have found myself heading downward when the Holy Spirit will point to a memory of what the Lord has done. It is then that I am reminded and begin giving thanks in an overflowing way as Paul writes about.   
  
Thankfulness is not natural. Yet it seems Paul knew that if the other came first overflowing thankfulness would follow.   
  
If we have not met, I want you to know that I walked into this church 25 years ago with a 5 year old daughter and a 2 month old son in tow. This church embraced me but bigger than that the gospel and what God did in my life changed this ordinary girl forever! And I know He will do the same for you! He will! Enjoy church, the SPF ministry and this SPF newsletter. Allow yourself to get excited about what God has in store for you and your children.

 Holly.Crain@HoustonsFirst.org [713-957-7674](tel:713-957-7674)