

Count Your Blessings, Not Your Problems

The photographer took a picture of an open field. Except for one red flower, the remainder of the photograph showed a grassy field. The flower was not even in the front and center, yet it is what your eyes are drawn to in the photo. If I sent you a plain white piece of paper with one black dot on it, where would your focus go? Chances are that your eyes would stare at the small black spot on the paper and not even notice the perfect white paper it is printed on. You might even be upset that the black mark spoiled a perfectly good piece of paper.

Our minds seem to focus on the exception, rather than the “bigger picture.” We want to fix everything and ignore what is good. We could have everything going right in life, and yet we lament about the one thing that isn’t. We tend to judge our success by what isn’t right rather than by the many things that are. We begin to develop a “victim mentality,” which robs us of the peace that God intended for us with all the blessings He bestowed on us. Jesus never promised that life would be good all the time, but He did promise to walk with us through the difficult times. (read 1 Thessalonians 5:16-18). What more could we ask for?



This week is Thanksgiving. It is a day set aside to remember the blessings we have already received. If we approach this day with an “attitude of gratitude,” it shifts our focus from what is lacking to the many blessings we have. A positive mental attitude shifts our mindset from regret to one that appreciates God’s gifts and blessings in our lives.

Let’s go beyond Thanksgiving. Thanksgiving is only one day a year, but we can be thankful every day – even in the midst of times of struggle. During those difficult times, a positive attitude of gratitude can shift our outlook from lamenting the difficulties to appreciating God’s goodness.

Some suggestions on how to do that from a recent sermon at our church were:

- Choose to give thanks for what you have, rather than focusing on what is missing. *Give thanks in all circumstances; for this is the will of God in Christ Jesus for you (1 Thessalonians 5:18).*
- Find something to give thanks for every day, even on difficult days. It can train your mind to look for the positive, rather than letting the negative ruin an otherwise good day. (read Psalm 106:1).
- Know that God can work good through *all* things – even the bad times. *And we know that in all things God works for the good of those who love him, who have been called according to his purpose (Romans 8:28).*

Best wishes for a Happy Thanksgiving, a day on which we express our gratitude for what is right in our lives. And know that even in the imperfections, God is working good in the lives of those who believe.

Action Item: Each day, write down one thing you are thankful for.

Prayer: Lord, You bless us immeasurably. Let us focus on the good in our lives, so that we have a positive outlook on life and experience the peace and joy You intended for us. Amen.

Sermon suggestions listed above are from a sermon at Fountain of Life Lutheran Church, November 16, 2025, by Pastor Elliott Lutz.