

Every Day Is A Gift!

We at Songs Of David feel that music is an incredible gift -- something that shouldn't be taken for granted! Not only that, but life itself a precious gift! Every day there is a reason to worship Him and give him thanks for the breath of life! Here are the lyrics to " Every Day Is A Gift " (from the Fresh Fire CD, " Are You Ready?"). The musical style is Reggae with a light-hearted feel!

Every Day, Every Day

Every Day is a gift from the Lord

'Mon don't even complain

Just begin to praise His name

For every day is a gift from the Lord!

Thank you Jesus

Thank you Jesus

Thank you Jesus

Thanks for another day!

(To hear an audio excerpt of this song:)

<http://www.songsofdavid.com/music.html>)

1) Accordingly, every day should be received with thankfulness. Every breath we take, every moment we live is a handout from a kind and gracious creator! Consider these recent findings:

- People who describe themselves as feeling grateful to God or creation in general tend to have higher vitality and more optimism, suffer less stress, and experience fewer episodes of clinical depression than the population as a whole.
- Grateful people are more likely to describe themselves as happy or satisfied in life.
- In an experiment with college students, those who kept a "gratitude journal", a weekly record of things they should feel grateful for, achieved better physical health, were more optimistic, exercised more regularly, and described themselves as happier than a similar group who kept no journals on being thankful.

Psychology has ignored feelings of gratitude and thankfulness and its effects on the well being of the individual. Gratitude research is beginning to suggest that feelings of thankfulness have great potential in helping people cope with stress, and positive self-esteem.

A man going through a "mid-life" crises describes going to a retreat where a Minister had them answer a question and it changed this mans life. The question was, "**What can I love about today**"? What a tremendous question! Try it out for yourself and then use it on specific items as well. It could transform your life! It's time for another song! The title is "Hasn't God Been Good?" Here are the lyrics...

Hasn't God been Good?

Hasn't God been Good?

Hasn't God been good to you and to me?

He gave me the breath of life

And He gave me the eyes to see

He gave me the legs to walk

And I can dance joyfully

He gave me the voice to praise Him

And He gave me a song to sing

Hasn't God been good to you and to me?

(To hear an audio excerpt of this song:)
(<http://www.songsofdavid.com/music.html>)

If you find yourself having a bad day try humming or singing to yourself one of these songs. It's simply amazing how effective and therapeutic a song can be. Especially songs whose lyrical content are firmly rooted in truth! Every day is a reason to worship and give thanks to God for His goodness!

2.) Worship is saying thank you to God for the gift of life and all creation.

When you begin to think about God what are your very first thoughts? Do you want to ask him to do something for you or make a quick request to help you out? Regrettably, many people only think of God when they are in need of something or want to procure His favor. This is a clear indication that they are only thinking about themselves.

We have all been guilty of thinking selfishly about God. It is sick and unhealthy to only think about yourself all the time. The Apostle Paul says in Romans Chapter 1 that,

" Though they knew God, they did not honor Him as God or give thanks to Him, but became futile in their thinking, and their senseless minds were darkened" (Romans 1:21) The Bible says that this is the logical result of what happens when we fail to think about God.

But worship is not thinking about you! Worship starts by thinking about God. You start by making a conscious decision to "set your mind on Him". Your very first thoughts, therefore, are very crucial to the process. More than that, it is thinking about the creator and giver of all that is good! Your very first thoughts about God should be ones of gratitude. Accordingly, worship begins by saying thank you! It begins by thanking God for the very precious gift of life. The well known Rabbi Heschel once said, "Just to be is a blessing. Just to live is Holy!"

And when you look around at the wonder of everything God has made thanksgiving and gratitude should be the proper response. Wrapped up in creation is God's love and grace! Every day, each

breath we breathe is a gift from a loving God! Creation is blessing!!
Listen to these words,

" All creation flows from a loving source and blessing flows from atom to atom, molecule to molecule, organism to organism, land to plants, plants to animals, and finally from people to people God's gracious gifts and blessings flow!"

This is where worship starts; by sending thank--you notes to God! To be aware of and count your blessings! There is so much to be thankful for! Remember, God doesn't owe us anything! It's all a handout, an act of grace from the source of all blessings. Out of His love and grace God created man and gave him the breath of life. And certainly the song, " Praise God from whom all blessings flow", is certainly appropriate here! All you have to do is think about the goodness of God, express your thanks and worship begins!!

Written by David Arivett

Copyright 2003 Songs Of David