

Sowing Love: Appreciation

Mother Teresa once said, “There is more hunger in the world for love and appreciation than for bread.” As we enter the Christmas season it’s important to bring an attitude of thankfulness along. Appreciation and thankfulness are beautiful gifts we can give. An attitude of thanksgiving develops appreciation. They go hand in hand. Appreciation is a natural outgrowth of love and respect for others. A simple act of appreciation can reach deep into someone’s heart. A smile, thank-you note, kind words or a gift can acknowledge your appreciation for another person. Not taking someone for granted is a way of showing appreciation. Giving your children or spouse your full attention when they’re talking or spending quality time shows you care.

Genuine appreciation is powerful. It can warm hearts and strengthen relationships. Appreciation is fostered as we think about what people mean to us. Make an intentional effort to show appreciation by letting the person know somehow. The benefits for the giver include investing in your relationships and the people around you. It’s a way to show love and respect to another person.

As we honor our Savior’s gift of sacrifice to us, it’s important to remember His love, His sacrifice and give our Lord appreciation with our worship and love. Showing appreciation for people is a way of honoring the Lord for His sacrifice to us. Jesus says in Luke 10:27; “Thou shalt love the Lord thy God with all thy heart, with all thy soul and with all thy mind our strength and love thy neighbor as thyself.” (NAS)

Merry Christmas!

Blessings to you and your families!

Cathy McCawley, LMHP Whole Living by Design Counseling