



Count Your Many Blessings

One song that many of us have grown up singing is "When Upon Life's Billows" which was written by Johnson Oatman in 1897. Below is a reminder of this song's beautiful and powerful lyrics.

When upon life's billows you are tempest tossed, When you are discouraged, thinking all is lost, Count your many blessings, name them one by one, And it will surprise you what the Lord hath done.

Are you ever burdened with a load of care? Does the cross seem heavy you are called to bear? Count your many blessings, ev'ry doubt will fly, And you will be singing as the days go by.

So, amid the conflict, whether great or small, Do not be discouraged, God is over all; Count your many blessings, angels will attend, Help and comfort give you to your journey's end.

Count your blessings, name them one by one; Count your blessings, see what God hath done; Count your blessings, name them one by one; Count your many blessings, see what God hath done.

As we go through our lives we are confronted, almost daily with things that will challenge us and challenge our attitude in life. From time to time we are challenged by our jobs, families, homes, relationships, activities, lifestyles, and life circumstances. If we aren't careful, we can let these difficult life challenges take over our lives and shape our attitudes. We may find ourselves complaining about this or that or talking about how much we

dislike something to the point that it becomes consuming and negatively shapes and impacts all that we do.

Sometimes we need to step back and give ourselves a reminder:

- Your terrible job is the dream of those without a job
- Your house is the dream of homeless
- Your smile is the dream of one that is depressed
- Your health is the dream of those who are ill
- Your life inconveniences are the dream of those that have little

Don't let difficult times make you forget your blessings.

I recently saw a picture with the following caption: "Miserable people focus on the things they hate about their life. Happy people focus on the things they love about their life".

I wholeheartedly think that this statement can be life changing if we focus on the blessings that God has given to us and the things that we love about our lives. Focus on the Father, focus on what he has done to bless your life – even if times are difficult. Here are a few passages to remind us of some of the Lord's blessings.

- Derrick Savage

[James 1:17-18](#) Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. He chose to give us birth through the word of truth, that we might be a kind of firstfruits of all he created.

[2 Corinthians 9:8](#) And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.

[John 1:16](#) Out of his fullness we have all received grace in place of grace already given.

[Ephesians 1:3](#) Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.

[Philippians 4:7](#) And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

[Ephesians 3:20-21](#) Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.