



## Nuggets 45: Half Full or Half Empty?

There are two kinds of people. Those who complain and those who give thanks.

For one group the glass is half empty. They grumble, distrust others, see the fault in everything, expect the worst. For the other group the glass is half full. They see the good in life, expect the best in people, and are always seeing reasons to be thankful.

I know a family who have suffered more loss than anyone should. Yet they remain positive and thankful. I know other people with every advantage are still negative and complaining. We all want to be happy. We spend a lot of money and effort getting there. Have you realized that *it is impossible to be thankful and unhappy at the same time?*

A lot more than happiness is involved. Just as a normal temperature means physical health, thankfulness indicates spiritual health and Christian maturity. It is connected with trust, humility, love, the Holy Spirit, spiritual eyesight, submission and an encouraging effect on others. A complaining spirit reveals unbelief, pride, selfishness, the old fallen nature, blindness, rebellion. And it tears others down.

Thankfulness (and happiness) is a decision. Search yourself for lack of the Spirit and the new birth. Look for pride, unbelief, stored-up bitterness and a habit of negativity. Nothing on earth is perfect--no husband, wife, parent, child, job, government or church. But when we focus on the faults, we forget how much we have to be thankful for in all of these.

Ephesians 5:15-20; Romans 1:21-23; Luke 17:12-19; Philippians 4:6,7; 1 Corinthians 13:5-7; 1 Peter 4:8; Luke 1:67,68; 10:21; 2 Corinthians 4:4; Numbers 21:4; 13:26-14:12; Romans 8:18,28-39; 2 Corinthians 3:17,18

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