

FaithBIT



Gratitude for Blessings

Reflection by Christy Woll

Many of you have heard at least some of my life story. For those of you who don't know, I have epilepsy. I have never had a seizure-free day. Brain surgery, hospital stays, having as many as 100 seizures a day, broken bones, wearing a helmet for 16 years, bullying, no driver's license. I suppose you could say I've faced a lot of challenges, but rather than let those challenges get me down, I live each day feeling blessed and grateful!

Blessings? My list is long. Gratitude? I am thankful for SO much.

I am thankful for the gift of being born into a loving and supportive family. From my earliest memories I was encouraged to embrace my challenges and "become the best version of myself."

It is with gratitude that I look back on some of the teasing and bullying I endured during my school years. How else would I be able to recognize and understand the pain and loneliness so many are living?

Growing up with a neurological disorder forced me to spend many weeks in hospitals. I am thankful for knowledgeable and caring doctors, nurses and medical staff. It is with gratitude that because of my time in hospitals, I gained a broad perspective of different challenges, different lives, and how to either "Give In" or "Rise Above". I am grateful to know the difference between being a victim and becoming a survivor.



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- Christy Woll

I am grateful for TEC, Teens Encounter Christ, for the many weekends I spent with youth and adults sharing (or sometimes searching) for our faith walk.

I am thankful for Immanuel Lutheran. As part of this Christian community I was encouraged to use my gifts as a Church Council member, a Confirmation teacher, a mentor to the youth. I sincerely thank all of you who helped me grow my faith.

I am grateful the Lord has opened my eyes to what I don't have and can't do because He has shown me how much I need Him in my life. 2 Corinthians 12:9 says, "Therefore I will boast in my weakness, so that the power of Christ may rest in me." I am thankful for my human weakness because of what the Lord has done in my life.

I am thankful for being a part of a faith group with whom I travelled to Ghana. God blessed me with a look into the lives of people who have so little and are able to find joy and hope when they learn about the Lord.

I ask God to help me see both the wonders in my life and the gifts of grace which require me to live with true gratitude. I ask God to help me acknowledge that both personal challenges and God's grace need to be part of my life.

I Thessalonians 5:18 tells us, "Give thanks in all circumstances; for this is God's will for you in Christ Jesus." Give thanks. Live in gratitude.