



# Chaplaincy Chat



## *Thou Shalt Not Whine*

*Here are four steps for turning whining into thanksgiving*

1. ***Give something away.*** When you give, you create both a physical and a mental space for something new and better to come into your life. Although you may think you are “lacking” something in life, when you give you demonstrate the abundance in your life.
2. ***Narrow your goals.*** Don’t expect everything good to come into your life all at once. When you focus your expectations toward specific, attainable goals, you are more apt to direct your time and energy toward reaching them.
3. ***Change your vocabulary from “I need” to “I want”.*** Most of the things we think we *need* are actually things we *want*. When you receive them, you will be thankful for even small luxuries, rather than seeing them as necessities you can’t live without.
4. ***Choose to be thankful for what you already have.*** Thanksgiving is a choice. Every one of us has more things to be thankful for than we could even begin to recount in a single day.

As you put these steps into practice, you will find yourself whining less, and thanking God more. Living a life of gratitude and thanksgiving to God is the best antidote for stress there is!

*And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him. Colossians 3:17*

***Have a wonderful and safe vacation***

**“WE CARE”**