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Day 22. Acknowledge and Honor Your Dependence on Others

Winter is a season of the year when we feel most vulnerable and fragile in the face of Mother Nature’s power in storms and low temperatures. Often, too, we feel isolated, in need of friends and family. An important spiritual practice is to acknowledge and receive what others give us with great gratitude. Here are some ways to do this:

* Make a practice of consciously acknowledging your vulnerability and dependence upon others. For example, think about all the service providers who make it possible for us to ride in elevators, make phone calls, read a book at night in a lighted room, have food or supplies delivered, or have the roads plowed. Too often, we take this support for granted.
* During a meal, choose one food item and try to list all the people who helped bring it to your table – the farmers, truckers, store managers, package makers, and even those who created the map that facilitated its movement from one place to your table. When you say grace, include a blessing for all those you depend on.
* Make a habit of acknowledging one free gift you have received at the end of each day. Then, thank God for the presence in your life of the bearer of the gift.