Every Breath I Take

As the world celebrates Thanksgiving

with family and friends;

I ponder all that I am thankful for,

the list goes on and on, it never ends.

Although someone will be missing at the

dinner table today, there is still gratitude.

Life is no longer the same but I have a family that

sticks together. Change things? If only we could.

That's when my heart aches for those that

lost their faith somewhere along the way.

It is my faith is that keeps me going.

Faith gives me hope for the day.

And I know faith will give me the strength

to see this day through with a thankful heart.

I won't let the enemy fill me with lies, he is only

trying to stir things up. Questioning is how he starts.

I don't profess to know the answers

to all the questions that I am asked.

All I know is that I have a loving God,

that helps me with those difficult tasks.

I can fill my day with regrets and sorrow,

which will fog every decision I make.

Or I can fill my day with positive thinking,

all the while treasuring every breath I take.

Written By Frances Berumen 11/27/14 <><

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