SCRIPTURE:
Psalm 103:1–2 Holman Christian Standard Bible (HCSB)
My soul, praise Yahweh,
and all that is within me, praise His holy name.
My soul, praise the Lord,
and do not forget all His benefits.

1 Chronicles 16:8–13 (HCSB)
Give thanks to Yahweh; call on His name;
proclaim His deeds among the peoples.
Sing to Him; sing praise to Him;
tell about all His wonderful works!
Honor His holy name;
let the hearts of those who seek Yahweh rejoice.
Search for the Lord and for His strength;
seek His face always.
Remember the wonderful works He has done,
His wonders, and the judgments He has pronounced,
you offspring of Israel His servant,
Jacob’s descendants—His chosen ones.

MEDITATION:
Thanksgiving is a time when even nonbelievers stop to reflect on what they are thankful for. We have so much to be thankful for: our lives, our families and friends, occupations, homes, just to name a few. And especially the source of our salvation. We often don’t notice God at work in our lives. Maybe we’re not attuned to Him. But once in a while, something happens that makes me certain that God is present, and that he cares for me. Here is one of those times:

In August 2010, we had flown from Massachusetts to Virginia for the weekend to visit my husband’s parents. My mother-in-law was battling cancer, but we didn’t really realize how serious her case was until we saw her. One never knows with cancer – will the end come suddenly, or will our loved one linger on for a while longer? We spent our weekend at the hospital visiting with Mom and Dad. When it was time, we said our goodbyes and reluctantly left.
As we got into our rental car in the hospital parking lot, we received an automated message from our airline stating that our flight had been canceled and that we would have to call the airline to make new arrangements to fly home. We’ve had flights delayed or canceled before, but we were always automatically scheduled onto the next available flight. But canceled with an open-ended return? Never. We both knew that this could only have happened through God’s intervention. At that moment, we knew without a doubt that God was actively working in our lives. What an amazing gift!

Mom passed away the next morning while her close friend sang “His Eye Is on the Sparrow” at her bedside. We extended our stay another week so that we could support Dad through the arrangements and the funeral. Remembering how God enabled us to be there for Larry’s parents has been such a source of comfort and encouragement over the years.

**REFLECTION:**
How can we clear our minds so that we can be more aware of God working in our lives? Reading the Bible and spending time each day in prayer are good starts. Pausing regularly to reflect, quieting ourselves, stepping away from distractions, perhaps by spending time in nature is also helpful.

When we do see God working in and around us, it is important to write it down and remember it. Keep a journal, or a small notebook to list answered prayers. When we get discouraged or feel that God is distant, it is helpful to remember the times when we felt God was close. The enemy wants us to forget those times. Having a written record of memories can be a useful tool to encourage us when we are discouraged.

Sharing our stories with others not only reminds us of what God has done for us, but it also encourages our fellow believers.

**PRAYER:**
Dear Lord, thank you for your amazing love for us and your care for us. We bring you honor and praise, and desire to grow in our faith. Help us to look to you each day, and open our eyes to see those around us as you do. Guide us to be your hands and feet here on Earth. We thank you and bring you praise. In Jesus’ name, Amen.
ABOUT THE AUTHOR:

Christina (Postema) Zook has a MS in Biological Chemistry from the University of Michigan. She worked as a molecular biologist in academic and industrial settings for more than 35 years. During this time, she used DNA sequencing and other techniques to answer questions in immunology, virology, cell biology, neuroscience, and forensics. She recently retired (early) after 19 interesting years at Lincoln Laboratory in Bedford, MA. She likes to hike, bike, travel, and when at home, she weaves, spins, knits, and gardens. She first joined the ASA around 1986 but never went to an annual meeting. While she enjoyed the ASA newsletter edited by Walt Hearn, she eventually let her membership lapse. She later rejoined, introducing Larry to the ASA, and they attended their first annual meeting in 2014.

Larry Zook is an electrical engineer at Zoll Medical Corporation in Chelmsford, MA. He earned a BA in Theology at a Bible college after high school. Then he became an electronics technician, and continued on to earn a BS in Computer Engineering from Virginia Tech. Since then, he has had a very successful electrical engineering career. He is not quite ready to retire but thinks it would be nice to travel and read more books and engage in deep philosophical and theological discussions.