

~Blessed~

by rice & beans

My sweet family,

Look around our home. Really...do it! Peek into your beautiful bedrooms, peer into our overflowing pantry, wrap yourself in a cozy blanket on one of the couches. Take a moment to really notice one another. When I do this, my heart beats hard with gratitude for all our blessings and I feel unworthy!

Our needs are filled... We are clean, cared for and live every day nestled in our cozy homes and well-orchestrated lives.

Our desires are satisfied... We are abundantly styled with outfits for each day, we adorn ourselves with accessories, we enjoy activities and social lives and we are excessively entertained by electronics.

Now that we clearly see our abundant lives, let's look at the rest of the world. *We are rich!* We're incredibly wealthy compared to most people living on the face of this earth. We enjoy more STUFF, more FOOD, greater VARIETY, countless CONVENIENCES and vast OPPORTUNITIES than 90% of the people on earth.

So, why rice and beans? It's what many in this world eat every day, sometimes only once a day. It may seem simple, even silly, to you that I am preparing it here just once a week. But instead of wondering why, wishing for more or wanting something different, *let this simply nutritious meal remind you of how big we are blessed.* Allow each bite to fill you with nourishment for your body and gratitude in your soul. Perhaps it will inspire you to offer up a prayer of thanksgiving to God, provision for those who have less and that Christ make clear how we can use our lives to bless others. As a family, let's start asking what we can give instead of looking for the next opportunity to receive, beginning right here at home.

