

54 days to change the world. Day 29.

Today is the twenty-ninth day of this novena. We will be praying the Sorrowful Mysteries in a spirit of thanksgiving.

It can be difficult to be truly thankful during seasons of unanswered prayers. As the weeks, months, and sometimes even years go by without any change, it is understandable that one begins to feel stuck and even frustrated. Yet, as Christians we are called to, as St. Theresa of Avila says, find God's wisdom in all things: "In all created things discern the providence and wisdom of God, and in all things give Him thanks."

As long as we are in our mortal lives, we will face disappointment and hardships. Yet, in all things we are to give thanks, even in of waiting and discouragement. It seems that it is particularly important to give thanks in these harder seasons, as we are able to more clearly recognize and relate to the suffering of Christ and His mother. With the help of grace, if we allow ourselves to be moved to thanksgiving, we can begin to grow in appreciation and reverence for the gift of our salvation, purchased for us by Christ at the highest cost.

As we continue to pray in a spirit of thanksgiving, let us commit ourselves to developing this spirit no matter your circumstances. As Catholics, we have great guides in the saints and in Scripture. When looking for consolation in times of hardship and unanswered prayers, the psalms are a great place to begin. Today, as you pray, ask for the grace to be truly thankful in all things!

Psalm 13:

"How long, O Lord? Will you forget me forever?

How long will you hide your face from me?

How long must I bear pain in my soul and have sorrow in my heart all day long?

How long shall my enemy be exalted over me?

Consider and answer me, O Lord my God!

Give light to my eyes, or I will sleep the sleep of death, and my enemy will say, "I have prevailed"; my foes will rejoice because I am shaken.

But I trusted in your steadfast love; my heart shall rejoice in your salvation.

I will sing to the Lord because he has dealt bountifully with me."