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# Remember God

## **GRACE AND HUMILITY**

By Yaritza Sanchez

A group of nuns consented to undergo annual neuropsychological assessments, leading to the initiation of the Nun Study in 1986. This study included 678 Catholic nuns from the School Sisters of Notre Dame, with results published in 2001. Findings revealed that nuns who expressed more positive emotions—such as contentment, gratitude, happiness, love, and hope—in their autobiographical notes were significantly more likely to be alive and healthy sixty years later.

To truly experience the grace that surrounds us, we must embrace humility, for gratitude is a heart posture. Understanding God's grace leads to recognizing that everything we have is a gift from God. Before entering the Promised Land, Moses cautioned God's people to remember the Lord their God:

When you have eaten and been satisfied, and have built fine houses and lived in them, when your herds and flocks have grown abundant, and your silver and gold is multiplied, and all that you have has multiplied, your heart may become proud, forgetting the Lord your God who brought you out of the land of Egypt, out of the house of slavery... You might be tempted to say to yourself, 'My power, the strength of my own hand, have brought me this great wealth. But remember the Lord your God, for it is He who gives you the power to do great things, upholding the covenant that He swore to your ancestors...' (Deut 8:12-18).



Humility resists pride, which guards the heart from one of its toxic companions, envy. Timothy Keller describes ingratitude's self-sufficiency as a cosmic ingratitude, unable to recognize it is all a gift from God: "Cosmic ingratitude is living in the illusion that you are spiritually self-sufficient. It is taking credit for something that was a gift. It is the belief that you know best how to live, that you have the power and ability to keep your life on the right path and protect yourself from danger. That is a delusion and a dangerous one. We did not create ourselves, and we can't keep our lives going one second without his upholding power.

To know the gift of God, grace freely given, is to understand the gospel's transformative power because of Jesus, the Son of God (John 3:16; 1 John 4:9-10). A movement towards gratitude, having received unmerited grace, reflects a daily conversion and a heart that shifts from the "I deserve" to "it's all a gift."

Today's gratitude challenge is to accept God's grace that begins the daily conversion of the heart and ask God to show you how many ways He has blessed you.

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