

# Smiling Prayers

**Psalm 118:1 "Give thanks to the Lord for he is good, his love endures forever."**

Our prayers before meals have become a whole lot more fun. For some reason, Baby Gabriel loves to hear us pray and fold his hands. As soon as we start praying, his face lights up with a smile from ear to ear. Wondering why he smiles when we pray, reminded me to look closer at the words we pray. Should we all be smiling ear to ear like Gabriel?

The prayer we have chosen to use over the years can become a mindless incantation as we skip over words like "good" and "love." But look again at those two words describing our God. He is good. He is far better than any of us. Our God is inclined to help us. Everything about him is good for us. He would prefer to never grow angry and punish. He is only forced into it by sinful people and their stubborn decisions to live against his goodness. God is loving forever. He gave up his Son for us stubborn disobedient creatures. And he still continually does what is best for us- forever. Even at our best times of showing love we simply cannot match the non-stop unselfish care and concern God has for us. He cares for our bodies and souls, day and night, when we ask for it and when we don't. He gives us things we need to survive and plenty of extras we don't. Who can count the blessings the Lord has given him this past hour, let alone the blessings of life forever!

Seeing Baby Gabriel smile all through our mealtime prayers brings a smile to my face because I know the Lord is good and his love endures forever. Next time you pray before you eat, remember "good" and "love" so you will smile with Baby Gabriel and all God's children.