

**Bless Your Heart
by Kathy Munn**

Find the sweetness in your own heart, then you may find the sweetness in every heart. ~ Rumi

Summing up: Be agreeable, be sympathetic, be loving, be compassionate, be humble. That goes for all of you, no exceptions. No retaliation. No sharp-tongued sarcasm. Instead, bless - that's your job, to bless. You'll be a blessing and also get a blessing. ~ 1 Peter 3:8-9 (The Message)



Is it that easy? Or perhaps I should say, couldn't you make it easier?

I'm writing this almost immediately after having lambasted someone I find difficult to like to someone I like very much. Blowing off some steam (excuses, I know). Sometimes I don't feel very sweet *or* blessed.

But I'm working on it. Maybe if I make it my job, to bless, I will realize its importance and its consequences. If I spend more time approving or accepting those around me, will I also receive more acceptance from others? If I can honestly accept my own situation and life, will I find it easier to accept you?

Prayer: God, help me to lighten up on myself and others. Fill me with joy from the sweetness and support around me - family, friends, humor, tenderness, strength and peace. I *am* truly blessed.