



When we are young, we are taught to say “thank you” in various situations, and the more often we do that, the better. Those with whom we work, family, friends, and those we don’t even know, but with whom we interact, all appreciate it when we acknowledge that they have helped us in some way, or have been gracious to us.

It is easy for us to take for granted things that others would consider life-changing. While there are many to whom we should be thankful, we should never forget that by far our greatest number of blessings, and those most consequential, are from the Lord. Gratitude is one of the best practices we can cultivate. It changes us in many ways – all for the good.

We read in Psalm 119:62, “In the middle of the night, I wake to thank you.” What a wonderful level of thankfulness to which we can aspire. A thankful spirit is a blessing to those who possess it, those who benefit from it, and those who observe and are inspired by it.

Wishing you a happy and healthy day of thanksgiving.

God bless you and your loved ones.

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