November 24, 2011

Be Thankful for Freedom

Welcome to the Health Freedom Minute. This is Twila Brase, president of Citizens’ Council for Health Freedom.

Happy Thanksgiving! I found a story about the First Thanksgiving, as told by Benjamin Franklin. He recounts that the first settlers, under great hardship, often layed “their wants and distresses before the Lord in frequent set days of fasting and prayer.”

But one day, a farmer stood and reminded them that their inconveniences were diminishing, their seas were full of fish, the air was sweet, the climate healthy and they had liberty, both civil and religious.

Rather than complaining, he suggested that they reflect on these good things, which seemed more becoming of the gratitude they owed to God. He advised a day of thanksgiving rather than a day of fasting. And thus Thanksgiving began. May you all enjoy the day with your family and your friends.

Listen again at healthfreedomminute.net.

“The Real Story of the First Thanksgiving,” By Benjamin Franklin (1785)