



## **Coptic Orthodox Diocese of the Southern United States**

### **Monthly Message for the Priests Wives**

**August 2023**

## **Positive Thinking Volume 3**

### **Step 3: Show Appreciation**

Showing appreciation for your husband's efforts and contributions is a simple yet effective way to promote positive thinking. As Father Tadros Yacoub Malaty states, "Appreciation is a powerful motivator. When we take the time to appreciate the efforts of our spouse, we encourage them to continue to do good things."

Biblical Verse: "Therefore encourage one another and build each other up, just as in fact you are doing." (1 Thessalonians 5:11)

Funny Story: A woman once told her husband, "I appreciate everything you do for me, but I wish you could do it without being asked." Her husband replied, "But honey, how else would I know what you want?"

A priest and his wife were at a wedding reception, and as they were leaving, the priest's wife turned to him and said, "Honey, did you see the way the groom looked at his bride during the ceremony? I wish you would look at me like that." The priest replied, "But dear, I'm not allowed to make eye contact during the service."

Academic definition: Positive thinking can be cultivated through various techniques, including cognitive restructuring, positive self-talk, gratitude, and mindfulness (Seligman, 2011). Cognitive restructuring involves identifying and challenging negative thoughts and replacing them with more positive and realistic ones (Beck, 1979). Positive self-talk involves using positive affirmations and statements to reinforce positive beliefs and attitudes (Seligman, 2011). Gratitude involves recognizing and appreciating the positive aspects of one's life, which can increase feelings of happiness and well-being (Emmons & McCullough, 2003). Mindfulness involves focusing one's attention on the present moment, without judgment or distraction, which can reduce stress and improve well-being (Kabat-Zinn, 1990).

Biblical and practical application: One biblical story that illustrates the importance of showing appreciation and how a priest's wife can benefit from it in dealing with her husband in a positive way is found in the Gospel of Luke in the New Testament.

The story is about a woman who was a sinner and who came to Jesus while he was dining at the home of a Pharisee. She brought with her an alabaster jar of perfume, which she used to anoint Jesus' feet. She wept over his feet, wiping them with her hair and kissing them. The Pharisee was critical of the woman, but Jesus defended her actions, saying, "Therefore, I tell you, her many sins have been forgiven—as her great love has shown. But whoever has been forgiven little loves little." (Luke 7:47)

This story teaches us the importance of showing appreciation and gratitude for the blessings we receive. The woman recognized the value of Jesus' presence in her life and showed her appreciation by offering him her most precious possession and showing him great love and respect.

In the context of a priest's wife, this story reminds us of the importance of showing appreciation for the work that our spouses do in the service of God and the church. The work of a priest can be challenging and demanding, and it is important for the priest's wife to recognize and acknowledge the sacrifices that her husband makes in his service. By showing appreciation and gratitude for his work, she can strengthen their relationship and provide him with the support he needs to continue serving effectively.

Appreciation can take many forms, such as words of encouragement, acts of service, or expressions of gratitude. By showing appreciation for her husband's work, the priest's wife can create a positive and supportive atmosphere in their relationship and help him feel valued and appreciated for the important work he does.