

# SERMONETTE

**Pastor David Ling -  
First Baptist Church, Hebron**



**The Grateful Soul  
Colossians 3:15-17**

When I was growing up, whenever I would complain, my dad would always come back with these pithy shot sayings about complaining. Among the most memorable, he would say, “I imagine you would complain if they hung you with a new rope.” In my mind, I would think, “Of course I would, who wouldn’t.” I didn’t realize until well into high school, that the saying was using absurdity for effect. He wasn’t just saying stop complaining, he was encouraging me to focus on the good things. My tendency to complain had come by nurture. My dad at times could be a “glass half empty” kind of person, always pessimistic about the circumstances he found himself in. I ask him once where he got all these little sayings, He said simply, “My grandpa would say them to me when I was growing up.” My dad knew the effect complaining was having on his soul and he was trying to help me avoid the same.

My dad lead me in the very things he was learning as a new follower of Jesus. In Paul’s letter to the church at Colossi, he gave them some help to lead them to live more authentically as follower of Christ. Paul knew he needed to remind them to practice the attitudes that were found in Jesus. After listing such qualities as compassion, kindness, patience, humility and such, all needed as they interacted with each other and their neighbors, he ends the section with an appeal to gratitude: “And cultivate thankfulness. Let the Word of Christ dwell in you richly, instructing and directing one another using wisdom, singing psalms, hymns, and spiritual songs with thanksgiving in your hearts to God. Let every detail in your lives, words, actions, whatever, do it in the name of the Master, Jesus, thanking God the Father through him” (Colossians 3:15b-17). Gratitude is the corrective to complaining.

The truth is all of us can get so caught up in ourselves that we too often don’t take the time to be grateful — to God and to others. More gratitude will not come from acquiring more things or experiences, but from an awareness of God’s presence and his goodness. It’s a way of looking at life, always perceiving the good. In her book “Switch On Your Brain,” Dr. Caroline Leaf, who for over forty years, has done research in the science of the neurological connections between thought and mind-body issues, as they relate to thinking, learning, emotions, healing and renewing your

mind, writes, “As we think, we change the physical nature of our brain. As we consciously direct our thinking, we can wire out toxic patterns of thinking and replace them with healthy thoughts. New thought networks grow. We increase our intelligence and bring healing to our brains, minds, and physical bodies. It all starts in the realm of the mind, with our ability to think and choose—the most powerful thing in the universe after God, and indeed, fashioned after God.”

Our default mode of thinking as a sinful human race is entitlement, the belief that this gift to that experience which God has placed in our path is mine by rights. I am owed. Entitlement grows deep within us. This is why for the soul, ingratitude is not just a psychological problem or an impoverishment of our emotional experience. It is a sin. Here’s the deal, the more you think you are entitled to, the less you are grateful for. The bigger your sense of entitlement, the smaller your sense of gratitude.

We can convince ourselves that anything we want, I’m entitled to, and if I’m not getting it, something is wrong somewhere, but not with me.

Gratitude always comes from a posture of humility. Gratitude is an action of consciously directing our thinking to three areas of God’s presence and goodness. First, the benefit. In order to be grateful you must receive and recognize a gift as good or favorable. The Bible says, “Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good” (Ps. 103:2-5). Second, gratitude requires a benefactor, the one who bestows the good. The grateful heart recognizes that the benefits and gifts are not cosmic accidents. As Christians we understand and believe that the good in our life is from God. Third, there is a beneficiary, the one who receives God’s good gifts. And that’s you and me. Without a grateful heart the soul suffers.

**Hebron Herald  
DEADLINE**  
The deadline to submit news and advertising for publication in the Hebron Herald is Friday at noon for the Wednesday edition.

**Missoula Children’s Theatre**



**You are invited to Missoula Children’s Theatre’s production of Cinderella including Hebron Public School’s students in grades K-12!**

**Saturday, February 28**  
**3:00 PM**  
**5:30 PM**

**Hebron Public School Gym**

Free will donation at the door for continuing theatre funds

This is made possible through generous grants from  
Hebron Area Community Foundation and ND Gaming Funds

**Calendar of Events**  
Sponsored by the  
**Hebron Herald**

**878-4494**      **hherald@westriv.com**

**February 27 and March 2 and 3 - District 7 Boys Basketball Tourney @ DSU**  
**March 3 - JH BBB @ New Salem 5:30 p.m.**  
**March 6 - End of 3rd Quarter at Hebron School**  
**March 7 - Lions Liver and Onions and Meatloaf Meal @ the Hebron Community Center, 4-7 p.m.**  
**March 19-20 Spring Break, No School**  
**March 21 - Cajun Turkey Supper, @ St. Mary’s Social Center, Richardton, 4:30 - 6:30 p.m.**



**HELP WANTED**  
**Plant Operator**

Looking for a self-motivated team player to fill an entry level position at the Glen Ullin plant for all phases of year-round plant operations and product packaging. Forklift and loader experience desired or a willingness to learn.

Competitive wage, full health, dental, life, short-term disability, holiday pay, vacation pay and Employee Share Ownership. This is an opportunity to grow with an expanding local company. Competitive pay DOE.

**PLEASE SEND APPLICATIONS & RESUMES TO:**  
**Abrasives, Inc.,**  
**ATTN: Russ Schroeder, 4090 Hwy 49, Glen Ullin, ND. 58631 or to [rschroeder@abrasivesinc.com](mailto:rschroeder@abrasivesinc.com)**

**Applications can be found on our website [www.abrasivesinc.com](http://www.abrasivesinc.com) or call 701-348-3610.**

**NOTICE OF BIDS**

**NOTICE IS HEREBY GIVEN** that the Morton County Board of Commissioners, Morton County, North Dakota will accept bids until Tuesday March 24<sup>th</sup>, 2026 at 10:15 A.M. (CT). Bids will be opened and read at that time at the Morton County Shop Building, located at: 2916 37<sup>th</sup> Street NW, Mandan, ND 58554. Bid results and final disposition will be presented to the County Commission on Tuesday March 24<sup>th</sup>, 2026 at 5:30pm (CT) in the Commissioners Room located in the basement of the Morton County Courthouse, for the following item.

**CONTRACT GRAVEL HAULING FOR COUNTY ROADS**

Equipment used must meet the approval of the Road Superintendent. Bids shall be submitted in a sealed envelope to the Morton County Highway Department. Specifications are available at the office of the Morton County Highway Department, 2916 37<sup>th</sup> Street NW, Mandan, North Dakota 58554. Phone (701)667-3346.

Bidders are required to submit a copy of a current Contractor’s License. Said license to be submitted in an envelope separate from the Bid information. Each successful bidder must submit evidence of general liability insurance coverage prior to award of bid. The mailing address is: Morton County Highway Department, 2916 37<sup>th</sup> Street NW, Mandan North Dakota 58554.

A Bidder’s Bond will not be required of Bidders. Instead the successful Bidder will be required to post a Performance Bond in the amount of \$10,000 immediately after award of the Bid. The purpose of the Bond is to assure that the Bidder will honor their unit price commitment for the specified time period. Should a Bidder default on their Contract, the Morton County Board of Commissioners will retain the amount of Bond as liquidated damages.

Awarded Bids will be considered valid for one year beyond the date of award.

The Board reserves the right to reject any and all bids; to waive technicalities or to accept such as may be determined to be in the best interest of the County.

By Order of the Morton County Commission  
Dawn R. Rhone, Morton County Auditor