**Gratitude**

**I do not cease to give thanks for you**

**as I remember you in my prayers.**

***(Ephesians 1:16)***

**Let the word of Christ dwell in you richly;**

**teach and admonish one another in all wisdom;**

**and with gratitude in your hearts**

**sing psalms, hymns, and spiritual songs to God.**

***(Colossians 3:116)***

**I am grateful to Christ Jesus our Lord,**

**who has strengthened me,**

**because he judged me faithful and appointed me to his service.**

***(1 Timothy 1;12)***

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**The attitude of gratitude does more to bring about results than any one single technique. Combining gratitude with definite pictures and affirmations produces guaranteed results. Gratitude builds your faith quickly and easily. It keeps your mind on the goal, your foot on the path. It eliminates the necessity to “overcome” any obstacle that may stand in your way, because gratitude will eliminate any obstacles. *(Rev. Anne Kunath, in The Art of Making Things Happen)***

**The attitude of gratitude is a praise to God. *(William Arthur Ward)***

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**Horses are the opposite of dogs, when it comes to gratitude. You give a dog something totally wretched to eat, such as a wad of pre-chewed Dentyne, and the dog will henceforth view you as the Supreme Being. It will gaze on you for hours with rapt adoration and lick the ground you walk on and try to kill the pizza-delivery person if he comes anywhere near you. Whereas if you spend hours grooming a horse and lugging its food and water around, the horse will be thinking: “Should I chomp on this person’s arm?” (Dave Berry)**

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**Joy is the simplest form of gratitude. *(Karl Barth, theologian)***

**Grace and gratitude belong together like heaven and earth. Grace evokes gratitude like the voice of an echo. Gratitude follows grace like thunder (follows) lightning . . . . this correspondence cannot fail. Its failure, ingratitude, is sin . . . . Radically and basically all sin is simply ingratitude. *(Karl Barth, theologian)***

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**Be more grateful, and you will become more joyful! *(William Arthur Ward)***

**A proud man is seldom a grateful man, for he never thinks he gets as much as he deserves. (Henry Ward Beecher)**

**There is a calmness to a life lived in gratitude, a quiet joy. *(Ralph H. Blum)***

**I challenge anybody in their darkest moment to write what they're grateful for, even stupid little things like green grass or a friendly conversation with somebody on the elevator. You start to realize how rich you are, *(Jim Carrey, in USA Today)***

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**When we were children we were grateful to those who filled our stockings at Christmas time. Why are we not grateful to God for filling our stockings with legs? (G. K. Chesterton)**

**I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder. (G. K. Chesterton)**

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**Gratitude is not only the greatest of virtues, but the parent of all the others. (Cicero)**

**Gratitude is the most exquisite form of courtesy. *(Jacques Maritain)***

**The debt of gratitude we owe our mother and father goes forward, not backward. What we owe our parents is the bill presented to us by our children. *(Nancy Friday)***

**My gratitude is deep and true. The sun is out -- the kids are, too. *(R. H. Grenville, in Family Circle)***

**You do not need something to be grateful for. You need only the desire to feel grateful. *(Dr. Eric Butterworth, in Spiritual Economics, p. 93)***

**Dr. David Soper, in God Is Inescapable, suggests that basically the difference between a prison and a monastery is just the difference between griping and gratitude. Undoubtedly this is true. Imprisoned criminals spend every waking moment griping; self-imprisoned saints spend every waking moment offering thanks. Dr. Soper says that when a criminal becomes a saint, a prison may become a monastery; when a saint gives up gratitude, a monastery may become a prison. (Ray O. Jones)**

Gratitude is a quality similar to electricity: It must be produced and discharged and used up in order to exist at all. *(William Faulkner)*

**We all walk this earth feeling we are frauds. The trick is to be grateful and hope the caper doesn't end any time soon. *(David Carr, journalist)***

**I am grateful for my life. I am grateful for myself. I am grateful for my wealth. I am grateful for my health. I am grateful for my happiness. I am grateful for my abundance. I am grateful for my prosperity. I am grateful for my riches. I am grateful for my loving. I am grateful for my caring. I am grateful for my sharing. I am grateful for my learning. I am grateful for knowing what I want. I am grateful for my opportunity. I am grateful for my enjoying. I am grateful for my balance. And let’s not forget to feel grateful for spontaneous gratitude. As Joseph Wood Krutch observed, “Happiness is itself a kind of gratitude.” When we are joyful, be grateful. When we are grateful, we are joyful. (John Roger & Peter McWilliams, in Wealth 101)

Gratitude takes three forms: a feeling in the heart, an expression in words, and a giving in return. (Lord Halifax)**

**Grandpa: “For what we are about to receive, may we be truly grateful. Amen.” Other man: “Amen.” Grandpa then says to the other man as Grandma walks up behind them: “Some people don’t approve of saying Grace for a full day of football games.” (Brian Crane, in Pickles comic strip)**

**Grateful Words: Gratitude is the gateway to graciousness, the pathway to politeness, the threshold of thoughtfulness and the cornerstone of courtesy. Express gratitude generously and sincerely; receive gratitude humbly and graciously; expect gratitude rarely if ever. Gratitude can transform common days into Thanksgiving, turn routine jobs into joy and change ordinary opportunities into blessings. A complaining tongue reveals an ungrateful heart. An attitude of gratitude is a never-ending prayer. (William Arthur Ward)**

**I may not be great, but I am grateful. (Dr. Ernest Wilson, Unity minister)**

**Gratitude is when memory is stored in the heart and not in the mind. (Lionel Hampton, jazz legend)**

**Big brother: “Mom said to give you these things I outgrew.” Little brother: “Hand-me-downs again?” Older brother: “You should be grateful.” Younger brother: “I guess you’re right. You could have been my older sister!” (Bud Blake, in Tiger comic strip)**

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**Help Yourself: Happiness doesn't produce gratitude. It's the other way around. People who are grateful are happy. Those who wait for something to happen so they can be grateful end up being neither grateful nor happy. I grew up in a home where a blessing was always said at the table. Mother was a terrific cook, but it wasn't her great meals that inspired the prayers. It was the genuine gratitude my parents felt for the food we ate. For the earth and sun and rain that produced it. For the farmers who tended and harvested it. For the stores that packaged and sold it. They were grateful for the Creator they credited with life itself. Circumstances do not create gratitude or ingratitude. That's why we can read of a Bosnian refugee expressing thanks just for being alive on the same day we hear ourselves complaining about something as trivial as being stuck in traffic. Of all the useful lessons I learned as a child, none has proved more valuable than what my parents taught me about gratitude. It's as simple as love, as profound as happiness and as vital to life as the air we breathe. (Mort Crim, in Second Thoughts: One Hundred Upbeat Messages for Beat-up Americans)**

**My Favorite Saying: “He who is not grateful for the things he has would not be happy with what he wishes he had.” (Mary Jess, in Country Extra magazine)**

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**Gratitude works wonders. Have you ever seen a really joyful person who was not filled with gratitude? Have you ever seen a miserable, self-centered person who was truly grateful? (Jack E. Addington)**

**There are three words I like to repeat to myself: glass half full. Just to remind myself to be grateful for everything I have. (Goldie Hawn, in Good Housekeeping)**

**Gratitude is the heart’s memory. (French proverb)**

**Thou hast given so much to me. Give me one thing more – a grateful heart. (George Herbert)**

**Nothing tires a man more than to be grateful all the time. (Edgar W. Howe)**

**It is not joy that makes us grateful; it is gratitude that makes us joyful. (David Steindl-Rast, Benedictine monk)**

**As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. (John F. Kennedy)**

**Help Yourself: The older I grow, the more I suspect that the amount of joy in my heart is directly related to the thankfulness in my attitude. When I think of the past with gratitude, even my painful memories are softened by a realization that I have survived and learned. When I think of the present with gratitude, my natural impulse is to live in the moment and enjoy it. When I look toward the future with gratitude, I expect tomorrow to be filled with wonderful discoveries and growth. Gratitude is an attitude that makes optimism possible. It is essentially a habit of thinking, a way of understanding who we are and what happens in our lives. We can choose gratitude. And here is t\he fundamental conviction that we must engrave on our hearts if we want the rosy glow of gratitude to light up our lives: Life is a gift, a wonderful, stupendous, miraculous gift. It's not something we deserve or purchase with our efforts. Every moment, in fact, we have the opportunity to open another tiny package of the gift of our days. (Thomas Kinkade, in Lightposts for Living: The Art of Choosing a Joyful Life)**

**Through prayer we can also “write letters of gratitude” to One who never tires of loving us and providing for our needs. *(William Arthur Ward)***

**Gratitude looks to the past and loves to the present. (C. S. Lewis)**

**The magic of gratitude letters: "If you are looking to make someone feel better, consider writing a gratitude letter," said Gina Hamaday in The New York Times. It's a practice not often discussed, but studies indicate that recipients of such notes are lastingly elated, and anyone suffering end-of-winter doldrums could use such a boost. A gratitude letter can express thanks for any one thing. Start by recalling how you met, perhaps, or a favorite memory, and focus on something the person has said or done for you that's been meaningful for you. "Don't hold back. It takes a little bravery, but writing sincerely and from the heart turns a polite note into a meaningful memento." Sending the note "will make you feel really good." Better yet, "it will make the recipient feel great." (The Week magazine, April 2, 2021)**

**Gratitude is the memory of the heart. (J. B. Massieu)**

**Gratitude is something of which none of us can give too much. For on the smiles, the thanks we give, our little gestures of appreciation, our neighbors build up their philosophy of life. (A. J. Cronin)**

**Gratitude is not easy. It's not something that comes naturally, but has to be worked at. It has to be cultivated. It goes far beyond saying "thank you." It's deeper than that; it can be a really fundamental way of viewing life, an orientation toward life itself. (Robert A. Emmons, in Thanks! How the New Science of Gratitude Can Make You Happier)**

**Keep a grateful journal. Every night, list five things that happened this day that you are grateful for. What it will begin to do is change your perspective of your day and your life. If you can learn to focus on what you have, you will always see that the universe is abundant; you will have more. If you concentrate on what you don't have, you will never have enough. (Oprah Winfrey, in a speech)**

As the Pilgrims of Plymouth Colony faced their second winter in 1621, they had much for which to be grateful. Their efforts to raise barley and peas had been disappointing, and they would have faced starvation, but thanks to an Indian named Squanto, whom Gov. William Bradford called “a special instrument of God,” they had harvested 20 acres of corn. Squanto had also helped the settlers keep peace with neighboring tribes. So when it was decided to celebrate the harvest and thank God. Governor Bradford sent a messenger to Chief Massasoit, inviting the Indians to whom they were so indebted. Massasoit brought 90 men with him, and they celebrated for three days. Squanto, who spoke English, helped the Indians and Pilgrims communicate, but food and drink were the language of their thanksgiving festivities. And they were enjoyed to the fullest. (Fred Bauer, in Reader’s Digest)

**He enjoys much who is thankful. A grateful mind is a great mind which eventually attracts to itself great things. (Plato)**

**Most supervisors are usually well aware of their problems. But how often do you stop to be grateful for the problems you don’t have – all the people who are doing their jobs well and correctly? If they weren’t doing their jobs well, you’d be in a mess. (Bits & Pieces)**

**Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom. (Marcel Proust, in Woman’s Day)**

**Reflect each day on all you have to be grateful for and you will receive more to be grateful for. (Chuck Danes)**

**People who restring pearls for a living were grateful for monofilament fishing line. At first. Because of it, fewer pearls need restringing. They're not as grateful anymore. (L. M. Boyd)**

**Gratitude is riches. Complaining is poverty. Instead of complaining about what’s wrong, be grateful for what’s right. (Quoted by Zachary Fisher, in Reader’s Digest)**

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**Gratitude is like the good faith of traders: It maintains commerce, and we often pay, not because it is just to discharge our debts. but that we may more readily find people to trust us. (Francois de la Rochefoucauld)**

**The man who is ungrateful is often less to blame than his benefactor. *(Francois de la Rochefoucauld)***

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I have always regarded religion as gratitude. We live on an earth which is not ours but belongs to God. We are his creatures. We worship him out of a feeling of gratitude for what he has done for us and for his guidance, his protection, his leading. (*Charles M. Schulz, Creator of Peanuts)*

**I've come to believe that if we start each day from a place of gratitude, then it's bound to go a bit better than it would if we didn't. (Maria Shriver, broadcast journalist, from her book I've been Thinking: Reflections, Prayers and Meditations for a Meaningful Life)**

**Silent gratitude isn’t much use to anyone. (G. B. Stern, novelist)**

**Gratitude is a sometime thing in this world. Just because you've been feeding them all winter, don't expect the birds to take it easy on your grass seed. (Bill Vaughan, in Kansas City Star)**

**A single crocus ought to be enough to convince our heart that springtime, no matter how predictable, is somehow a gift, gratuitous, gratis, a grace. Why then is it difficult for some to acknowledge this gift as such? When I admit that something is a gift, I admit my dependence on the giver. There is something within us that bristles at the idea of dependence. Gift giving is a celebration of the bond that unites giver and receiver. That bond is gratefulness. (David Steindl-Rast, in Gratefulness, the Heart of Prayer)**

**Gratitude never radicalized anybody. I don't care if they recognize the past, I just want them to get angry about the present and keep going. (Gloria Steinem)**

**If you are fortunate enough to be in command of a successful organization, be grateful for the good people on your team. “In baseball, if a manager doesn’t have good players he can go home,” says Leo Durocher. “Look at Stengel. He finished last in Brooklyn. He finished last in Boston. Then he went with the Yankees and won 8 out of 10 pennants. And what did he say? ‘I couldn’t have done it without the players.’” (Bits & Pieces)**

**We often take for granted the very things that most deserve our gratitude. (Cynthia Ozick, novelist)**

**THANKSGIVING is being grateful for all that others have done for us -- by doing loving things for others.**

**THANKSGIVING is being grateful for the beauty of the world -- by making the world more beautiful.**

**THANKSGIVING is being grateful that each is a temple of God -- by showing care and reverence for the body.**

**THANKSGIVING is being grateful for the Loving Presence enfolding us -- by showing loving regard for all life.**

**THANKSGIVING is being grateful to the One who revealed unto us the Christ of ourselves -- by beholding the Christ in all whom we meet. (Unity-on-the-Ave News)**

**I am grateful for what I am and have. My thanksgiving is perpetual. (Henry David Thoreau)**

**A missionary to Africa has related the story of his work with a tribe that was mysteriously poverty-stricken, even though other tribes in the same region were relatively prosperous. He was curious about this strange phenomenon. He spent years researching all aspects of their culture. He came up with but one possibility: in their tribal language, they had no word with which to express gratitude. Perhaps, through some quirk of evolution, they had forgotten how to say thank you. He drew no conclusions, but he did ask a question: “Could this loss of the spirit of thanksgiving have been responsible for their poverty?” It is an interesting and revealing possibility. (Dr. Eric Butterworth, in Spiritual Economics, p. 92)**

**Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It can turn a meal into a feast, a house into a home, a stranger into a friend. (Melody Beattie, in The Grief Club: The Secret of Getting Through All Kinds of Change)**

**I have walked this earth for thirty years, and, out of gratitude, want to leave some souvenir. (Vincent Van Gogh)**

**Never have I felt so grateful for a walk. There's solace in knowing that as long as I put one foot in front of the other, I will keep moving through this particular world. It might not be the same world tomorrow or next week, so I take a moment to feel lucky for every walk, every waft of jasmine, I have now. And I feel grateful foe everything else I have, too -- health and happiness, my job, loved ones to laugh with. I notice the buds on my favorite tree are bigger than yesterday. I give it another week, and then the buds will be leaves, and then everything will be green. I know this to be true, too: Life renews. (Lena Felton, in The Lily.com)**

**Feeling gratitude and not expressing it is like wrapping a present and not giving it. (William Arthur Ward)**

**The highest tribute to the dead is not grief but gratitude. (Thornton Wilder)**

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