

Gratitude.....

The state of being grateful; thankfulness.

Prayer for Expressing Gratitude (*from prayers for living*)

Gracious God, in the busy-ness of my day, I sometimes forget to stop to thank you for all that is good in my life.

My blessings are many and my heart is filled with gratefulness for the gift of living, for the ability to love and be loved, for the opportunity to see the everyday wonders of creation, for sleep and water, for a mind that thinks and a body that feels.

I thank you, too, for those things in my life that are less than I would hope them to be. Things that seem challenging, unfair, or difficult. When my heart feels stretched and empty, and pools of tears form in my weary eyes, still I rejoice that you are as near to me as my next breath and that in the midst of turbulence, I am growing and learning.

In the silence of my soul, I thank you most of all for your unconditional and eternal love.

Amen.

Gratitude is oftens forgotten in the tumult of life, & yet it is the ultimate Grace. It is what helps us through life challenges, teaches us respect for others and creates a richness in both our own and others lives. Without gratitude for the wonder that our

lives are we cannot enliven the spirit within ourselves, we cannot nurture peace or become the change we wish to see in the world.

To me gratitude is our soul link to our awesome universe, it is the power within that eclipses space and time and when we share it with others we have the opportunity to touch the very universe we seek.

Here are some quotes on thankfulness from people you may have heard of....

1. "At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us." — Albert Schweitzer

2. "Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom." — Marcel Proust

3. "There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." — Albert Einstein

4. "Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings." — William Arthur Ward

5. "When we become more fully aware that our success is due in large measure to the loyalty, helpfulness, and encouragement we have received from others, our desire grows to pass on similar gifts. Gratitude spurs us on to prove ourselves worthy of what others have done for us. The spirit of gratitude is a powerful energizer." — Wilferd A. Peterson

6. "Whatever our individual troubles and challenges may be, it's important to pause every now and then to appreciate all that we have, on every level. We need to literally "count our blessings," give thanks for them, allow ourselves to enjoy them, and relish the experience of prosperity we already have." — Shakti Gawain

7. "If the only prayer you say in your life is thank you, that would suffice." — Meister Eckhart

8. 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

9. "Gratefulness is the key to a happy life that we hold in our hands, because if we are not grateful, then no matter how much we have we will not be happy — because we will always want to have something else or something more." — Brother David Steindl-Rast

10. "Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude." — Denis Waitley

11. "Nothing that is done for you is a matter of course. Everything originates in a will for the good, which is directed at you. Train yourself never to put off the word or action for the expression of gratitude." — Albert Schweitzer

12. "God gave you a gift of 86,400 seconds today. Have you used one to say "thank you?" — William A. Ward

13. "Gratitude is riches. Complaint is poverty." —Doris Day

14. "Many people who order their lives rightly in all other ways are kept in poverty by their lack of gratitude." — Wallace Wattles

15. "Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful." — Buddha

POEM...Be Thankful *(Author Unknown)*

Be thankful that you don't already have everything you desire,
If you did, what would there be to look forward to?

Be thankful when you don't know something
For it gives you the opportunity to learn.

Be thankful for the difficult times.
During those times you grow.

Be thankful for your limitations
Because they give you opportunities for improvement.

Be thankful for each new challenge
Because it will build your strength and character.

Be thankful for your mistakes
They will teach you valuable lessons.

Be thankful when you're tired and weary
Because it means you've made a difference.

It is easy to be thankful for the good things.
A life of rich fulfillment comes to those who are
also thankful for the setbacks.

GRATITUDE can turn a negative into a positive.
Find a way to be thankful for your troubles
and they can become your blessings.

Thank you for listening 😊