

Look closely and you will find  
that people are happy  
because they are grateful.  
The opposite of gratefulness  
is just taking everything for  
granted.

— David Steindl-Rast in *The Music of Silence*

“I thank God for my  
handicaps, for, through them,  
I have found myself, my work,  
and my God”

Helen Keller

"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

Thank you God - For each  
new morning with its light, For  
rest and shelter of the night,  
For health and food, for love  
and friends, For everything  
Thy goodness sends.”

-Ralph Waldo Emerson

**"Gratitude is a vaccine, an  
antitoxin, and an antiseptic"**

- John Henry Jowett

"If the only prayer you said in your whole life was, "thank you," that would suffice."

- Meister Eckhart

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”

-William Arthur Ward

My thanksgiving is perpetual.  
It is surprising how contented  
one can be with nothing  
definite - only a sense of  
existence.

Henry David Thoreau



Wake at dawn with a winged  
heart and give thanks for  
another day of loving.

Khalil Gibran

“Gratitude can transform  
common days into  
thanksgivings, turn routine  
jobs into joy, and change  
ordinary opportunities into  
blessings.”

William Arthur Ward

Jesus gave thanks even in situations that seemed lacking and they became abundant.

KT

Thanksgiving, after all, is a  
word of action.

~W.J. Cameron

The first rule of the Benedictine life is simply this. Live this life and do whatever is done, in a spirit of thanksgiving.

John McQuiston II

Gratitude is something you  
show in relation with others.

Dali Lama

The practice of gratitude is the explicit effort to acknowledge that all I am and have is given to me as a gift of love, a gift to be celebrated with joy.

Henri Nouwen

Gratitude can turn a meal into  
a feast.

Melody Beattie



When we give cheerfully and  
accept gratefully, everyone is  
blessed.

Maya Angelou

It is not joy that makes us  
grateful; it is gratitude that  
makes us joyful.

David Steindl-Rast

When I started counting my  
blessings, my whole life  
turned around.

Willie Nelson

Since blessings are always present you can be grateful even in difficult situations.

Steve Garnaas-Holmes

In the same way that Sabbath  
brings out gratitude, frantic  
living brings out fear, anxiety,  
chaos.

Shauna Niequist

In Gratitude we relinquish  
control, and embrace life.

Terry Hershey

**“Gratitude is the gesture of a heart opened to receive God.”**

John S. Mogabgab

Gratitude is the ability to  
experience life as a gift.

John Ortberg



“The real gift of gratitude is that the more grateful you are, the more present you become.”

-Robert Holden

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“When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in.”

Kristin Armstrong

Truly appreciate life and you'll  
find that you have more of it.”

Ralph Marston

In ordinary life we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich.

Dietrich Bonhoeffer

Let gratitude be the pillow upon which you kneel to say your nightly prayer. And let faith be the bridge you build to overcome evil and welcome good.

Maya Angelou

What a joy it is to feel the soft,  
springy earth under my feet  
once more, to follow grassy  
roads that lead to ferny  
brooks where I can bathe my  
fingers in a cataract of rippling  
notes.

Helen Keller

What separates privilege from  
entitlement is gratitude.

Brené Brown

Thanksgiving is inseparable  
from true prayer.

John Wesley



Give thanks in all  
circumstances; for this is  
God's will for you in Christ  
Jesus

1 Thessalonians 5:18

When we choose not to focus on what is missing from our lives but are grateful for the abundance that's present ... we experience heaven on earth.

Sarah Ban Breathnach

The one who forgets to be grateful has fallen asleep in life.

Robert Louis Stevenson

“We must find time to stop  
and thank the people who  
make a difference in our  
lives.”

— John F. Kennedy

To be grateful is to recognize  
the Love of God in everything  
God has given us - and God  
has given us everything.

Thomas Merton

Every breath we draw is a gift of God's love, every moment of existence is a grace, ... Gratitude therefore takes nothing for granted, is never unresponsive, is constantly awakening to new wonder and to praise of the goodness of God. Thomas Merton

People only see what they are prepared to see. If you look for what is good and what you can be grateful for you will find it everywhere. Ralph Waldo Emerson

I have found that the more  
thankful I am, the more  
peaceful I am. Joyce Meyer



There is a distinction. There are many things for which you cannot be grateful. But in every moment, you can be grateful.

Brother David Steindl-Rast

Gratitude awakens us to relationship and interdependence as the fundamental reality of life. This is a gift from God and calls forth love and care. KT

Sabbath requires pause from doing that allows us to be present to behold, recognize, and receive the beauty and goodness all around us. It is at the heart a spiritual practice of gratitude, appreciation, and embrace with God and life itself.

KT

Wear gratitude like a cloak  
and it will feed every corner of  
your life. Rumi

Thankfulness brings you to  
the place where the Beloved  
lives.

Rumi

*“Anything you do not give freely and abundantly becomes lost to you. You open your safe and find ashes.*

Annie Dillard

Appreciation happens when you become thank-full for something or someone because you more fully recognize the beautiful gift they are. The goodness and valuing “appreciate” or grow larger within you and between you through gratitude. **KT**

Gratefulness is a measure of  
our aliveness.

**Brother David Steindl-Rast**



Just as grateful living can produce joy in the lives of individuals, recognizing that life provides innumerable gifts to be deeply appreciated and shared would also bring joy between families, communities and nations. **KT**

None of us are self-made. We receive so much not of our own creation. We are blessed by God to be a blessing. This is the sacred flow and fruit of mutual love. As Cornell West said so simply, “Justice is what love looks like in public.” Love and grateful living have the same Source. **KT**

Using gifts to control, create a debt, or to maintain a position of benefactor that others must subjugate themselves to is not gratitude. That is a transaction, not a gift... What we really have to do is to move in the direction of the New Testament. That when you give a gift, you don't give it with any expectation of anything in return.

**Diana Butler Bass**

“Gratitude bestows  
reverence...changing forever  
how we experience life and  
the world.” **John Milton**

“Gratitude is the ability to experience life as a gift. It liberates us from the prison of self-preoccupation.”

**John Ortberg**

Gifts constantly flow around us like a river. And we can live in that flow. When I became more deeply aware of gratitude, I began to understand that every one of us is simultaneously a receiver and a giver.

**Diana Butler Bass**

Gratitude involves not just what we feel but what we do. 'Thanks' is both a noun and a verb." **Diana Butler Bass**

The practice of gratitude comes down to attentiveness and awareness. All around us, every day, there are gifts. No matter our challenges or feelings. There are gifts. Mostly unnoticed, unappreciated, and often disregarded. But if we cultivate our awareness of those gifts, thankfulness becomes habitual. As a habit, gratitude becomes a steadying companion, a daily—perhaps even hourly—disposition of appreciation.

**Diana Butler Bass**