

VOICES

Of Gratitude

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

Brother 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 often gave thanks, which reveals something to us about the power of gratitude if we have the eyes to see and the ears to hear. **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**

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**

“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**

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

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 for something. **Brother David Steindl-Rast**

Gratitude awakens us to relationship and interdependence as the fundamental reality of life. **KT**

Sabbath is a pause from doing. This allows us to be present, to behold, and to receive the beauty and goodness all around us. Sabbath is a practice of gratitude. **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