**Gratitude Devotional**

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“Gratitude is a constant attitude of thankfulness and appreciation for life as it unfolds. Living in the moment, we are open to abundance around us and within us. We express appreciation freely. We contemplate the richness of life. We feast on beauty. We notice small graces and are thankful for daily gifts. In life’s trials, we seek to understand, to accept, and to learn. Gratitude is the essence of genuine happiness… I am thankful for the gift of Gratitude. It is the magnet of my joy.”

*The Virtues Project*

“Gratitude is the memory of the heart.”

*Jean Baptiste Massieue*

**MEDITATION SONG**

“Be calm, be strong, be grateful, and become a lamp full of light…”

 *Abdu’l-Baha*

**PRAYERS**

“Waking up this morning, I see the blue sky.

I join my hands in thanks for the many wonders of life;

For having twenty-four brand new hours.

The sun is rising on the forest, and so is my awareness....”

*Thich Nhat Hanh (Buddhist)*

“We thank You, O Lord our God and God of our fathers,

Defender of our lives, Shield of our safety.

Through all generations we thank You and praise You.

Our lives are in Your hands, our souls in Your charge.

We thank You for the miracles which daily attend us,

For Your wonders and favors, morning, noon, and night.

You are beneficent with boundless mercy and love....

O God, You are our deliverance and our help.

Praised are You, O Lord, for Your goodness and Your glory....”

 *From the Amidah (Jewish Prayer)*

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| “Glorified art Thou, O Lord my God! I give Thee thanks inasmuch as Thou hast called me into being in Thy days, and infused into me Thy love and Thy knowledge. I beseech Thee, by Thy name whereby the goodly pearls of Thy wisdom and Thine utterance were brought forth out of the treasuries of the hearts of such of Thy servants as are nigh unto Thee, and through which the Daystar of Thy name, the Compassionate, hath shed its radiance upon all that are in Thy heaven and on Thy earth, to supply me, by Thy grace and bounty, with Thy wondrous and hidden bounties. |
| These are the earliest days of my life, O my God, which Thou hast linked with Thine own days. Now that Thou hast conferred upon me so great an honor, withhold not from me the things Thou hast ordained for Thy chosen ones.  |
| I am, O my God, but a tiny seed which Thou hast sown in the soil of Thy love, and caused to spring forth by the hand of Thy bounty. This seed craveth, therefore, in its inmost being, for the waters of Thy mercy and the living fountain of Thy grace. Send down upon it, from the heaven of Thy loving-kindness, that which will enable it to flourish beneath Thy shadow and within the borders of Thy court. Thou art He Who watereth the hearts of all that have recognized Thee from Thy plenteous stream and the fountain of Thy living waters. |
| Praised be God, the Lord of the worlds.” |

*From the Bahai Sacred Writings*

**QUOTES**

 “When you arise in the morning, give thanks for the morning light, for your life and strength.

Give thanks for your food and the joy of living.

If you see no reason for giving thanks, the fault lies with yourself.”

*Native American Tradition: Tecumseh, Shawnee Chief*

“The cheerful heart has continual feast.”

*Proverbs 15:15*

“Be thou happy and well pleased and arise to offer thanks to God, in order that thanksgiving may conduce to the increase of bounty.”

 *[Abdu’l-Baha](https://bahaiteachings.org/abdul-baha)*

“...Sing His praises Who is the Treasury of excellences.

Sing and hear and put His love into your hearts.

Thus shall your sorrows be removed, and you shall be absorbed in Him

Who is the abode of happiness. *“*

#  Sikhism: Guru Nanak from the Japki

“Try with all your hearts to be willing channels for God’s Bounty. For I say unto you that He has chosen you to be His messengers of love throughout the world, to be His bearers of spiritual gifts to man, to be the means of spreading unity and concord on the earth. Thank God with all your hearts that such a privilege has been given unto you. For a life devoted to praise is not too long in which to thank God for such a favour.”

[*Abdu’l-Baha*](https://bahaiteachings.org/abdul-baha)

“What is to come is better for you than what has gone before: For your Lord will certainly give (to) you, and you will be content....Keep recounting the favors of your Lord.

...And magnify Him with repeated magnificence.”

 *Islam: The Qur’an, from Suras 34, 93 and 17*

**SONG: I Yield Thee Praise**

I yield Thee praise for all Thy goodly gifts and I render Thee thanksgiving for all Thy bounties.

  *Bahai Sacred Writings*

“For me, prayer is an aspiration of the heart, it is a simple glance directed to heaven, it is a cry of gratitude and love in the midst of trial as well as joy; finally it is something great, supernatural, which expands my soul and unites me with Jesus.”

St. Therese of Lisieux

“Anybody can be happy in the state of comfort, ease, health, success, pleasure and joy; but if one will be happy and contented in the time of trouble, hardship and prevailing disease, it is the proof of nobility.”

*The Bahai Sacred Writings*

“The source of all good is trust in God, submission unto His command, and contentment with His holy will and pleasure.”

[*Baha’u’llah*](https://bahaiteachings.org/bahaullah)

“Tests are benefits from God, for which we should thank Him. Grief and sorrow do not come to us by chance, they are sent to us by the Divine Mercy for our own perfecting.”

*[Abdu’l-Baha](https://bahaiteachings.org/abdul-baha)*

“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you…”

*1 Thessalonians 5: 16-18*

“O My servants! Sorrow not if, in these days and on this earthly plane, things contrary to your wishes have been ordained and manifested by God, for days of blissful joy, of heavenly delight, are assuredly in store for you. Worlds, holy and spiritually glorious, will be unveiled to your eyes. You are destined by Him, in this world and hereafter, to partake of their benefits, to share in their joys, and to obtain a portion of their sustaining grace. To each and every one of them you will, no doubt, attain.”

 *Baha’u’llah*

“In this day, to thank God for His bounties consisteth in possessing a radiant heart, and a soul open to the promptings of the spirit. This is the essence of thanksgiving.”

*The Bahai Sacred Writings*

**Closing Prayers**

“In the Name of God, the Most High! Lauded and glorified art Thou, Lord, God Omnipotent! Thou before Whose wisdom the wise falleth short and faileth, before Whose knowledge the learned confesseth his ignorance, before Whose might the strong waxeth weak, before Whose wealth the rich testifieth to his poverty, before Whose light the enlightened is lost in darkness, toward the shrine of Whose knowledge turneth the essence of all understanding and around the sanctuary of Whose presence circle the souls of all mankind.

How then can I sing and tell of Thine Essence, which the wisdom of the wise and the learning of the learned have failed to comprehend, inasmuch as no man can sing that which he understandeth not, nor recount that unto which he cannot attain, whilst thou hast been from everlasting the Inaccessible, the Unsearchable.

Powerless though I be to rise to the heavens of Thy glory and soar in the realms of Thy knowledge, I can but recount Thy tokens that tell of Thy glorious handiwork.
By Thy Glory! O Beloved of all hearts, Thou that alone canst still the pangs of yearning for Thee! Though all the dwellers of heaven and earth unite to glorify the least of Thy signs, wherein and whereby Thou hast revealed Thyself, yet would they fail, how much more to praise Thy holy Word, the creator of all Thy tokens. All praise and glory be to Thee, Thou of Whom all things have testified that Thou art one and there is none other God but thee, Who hast been from everlasting exalted above all peer or likeness and to everlasting shalt remain the same.

All kings are but Thy servants and all beings, visible and invisible, as naught before Thee. There is none other God but Thee, the Gracious, the Powerful, the Most High.”

 *Bahai Sacred Writings*

