I Thankfulness/Gratitude Quotes

**Sacred Writings**

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*

...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

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...Blessing, and glory, and wisdom, and thanksgiving, and honour, and power, and might, be unto our God for ever and ever....

*The New Testament: Revelation 7:12*

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 magnificats.

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

...It well beseemeth thee to appreciate the wondrous favors with which God hath favored thee, and to magnify continually His name.

*The Bahai Writings: Gleanings from the Writings of Baha’u’llah, pp., 234*

To express his gratitude for the favors of God, man must show forth praiseworthy actions. In response to these bestowals, he must render good deeds, be self-sacrificing, loving the servants of God, forfeiting even life for them, showing kindness to all the creatures....There can be no doubt that such commendable deeds are thankfulness for the favors of God.

*The Bahai Sacred Writings*

Physically and spiritually we are submerged in the sea of God’s favor. He has provided our foods, drink and other requirements; His favors encompass us from all directions. The sustenances provided for man are blessings. Sight, hearing, and all his faculties are wonderful gifts. These blessings are innumerable....Spiritual blessings are likewise endless---spirit, consciousness, thought, memory, perception, ideation and other endowments. By these He has guided us....He has opened the doors of all good before our faces. He has vouchsafed eternal glory. He has summoned us to the Kingdom of heaven. He has enriched us by the bestowals of God....

Therefore, in thanksgiving for them, ye must act in accordance with the teachings of Baha’u’llah. Ye must read the Tablets...all the holy utterances, and act according to them. This is real thanksgiving, to live in accord with these utterances....This is thanksgiving and glorification of God.

*‘Abdu’l-Baha: The Promulgation of Universal Peace, pp. 236-237*

*(From a talk delivered in New York in 1912)*

**PRAYERS**

O Lord, my God! Praise and thanksgiving be unto Thee for Thou hast guided me to the highway of the kingdom, suffered me to walk in this straight and far‑stretching path, illumined my eye by beholding the splendors of Thy light, inclined my ear to the melodies of the birds of holiness from the kingdom of mysteries and attracted my heart with Thy love among the righteous.

# Abdu’l-Baha, Baha'i Prayers, p. 185

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)*

**SONGS**

**I Yield Thee Praise**

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

**Thank You Lord**

“Thank you, Lord. Thank you, Lord. Thank you, Lord. I just want to thank you, Lord! You’ve been so                             ‘’