

# Gratitude

Give thanks to the  
Lord, for he is good;  
his love endures  
forever.

Psalm 107:1



*We have thousands of opportunities every day to be grateful: for having good weather, to have slept well last night, to be able to get up, to be healthy, to have enough to eat... There's opportunity upon opportunity to be grateful; that's what life is.*

David Steindl-Rast

*What I see in the Bible, especially in the book of Psalms, which is a book of gratitude for the created world, is a recognition that all good things on Earth are God's, every good gift is from above. They are good if we recognize where they came from and if we treat them the way the Designer intended them to be treated.* Philip Yancey

*Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.* Melody Beattie

*Gratitude as a discipline involves a conscious choice. I can choose to be grateful even when my emotions and feelings are still steeped in hurt and resentment. It is amazing how many occasions present themselves in which I can choose gratitude instead of a complaint. . . . The choice for gratitude rarely comes without some real effort. But each time I make it, the next choice is a little easier, a little freer, a little less self-conscious. . . . Acts of gratitude make one grateful because, step by step, they reveal that all is grace.* Henri Nouwen

*Darkness deserves gratitude. It is the alleluia point at which we learn to understand that all growth does not take place in the sunlight.* Joan D. Chittister O.S.B.

*I am struck by how gratitude involves some radical satisfaction with life, with oneself, and with the world. By this I mean something qualitatively different from smug self-satisfaction or cultural contentment. I mean the awareness that one has already been given the most fundamental necessity, the gift of life. When we stop taking this first gift for granted then we can begin to experience the radical liberation of gratitude.* Mary Jo Leddy