



Gratitude Quotations

Albert Schweitzer:

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.

To educate yourself for the feeling of gratitude means to take nothing for granted, but to always seek out and value the kind that will stand behind the action. Nothing that is done for you is a matter of course. Everything originates in a will for the good, which is directed at you. Train yourself never to put off the word or action for the expression of gratitude.

Alfred Painter:

Saying thank you is more than good manners. It is good spirituality.

Brother David Steindl-Rast :

Gratefulness is the key to a happy life that we hold in our hands, because if we are not grateful, then no matter how much we have we will not be happy -- because we will always want to have something else or something more.

Buddha:

Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful.

Cicero:

Gratitude is not only the greatest of virtues, but the parent of all the others.

I WILL GIVE THANKS
TO YOU, LORD,
WITH ALL MY HEART;
I WILL TELL OF ALL
YOUR WONDERFUL
DEEDS.
-PSALM 9:1

Denis Waitley:

Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude.

Eric Hoffer:

The hardest arithmetic to master is that which enables us to count our blessings.

G. K. Chesterton:

You say grace before meals. All right. But I say grace before the concert and the opera, and grace before the play and pantomime, and grace before I open a book, and grace before sketching, painting, swimming, fencing, boxing, walking, playing, dancing and grace before I dip the pen in the ink.

H. U. Westermayer:

The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving.

Henry Ward Beecher:

Gratitude is the fairest blossom which springs from the soul.

Johannes A. Gaertner:

To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven.

John F. Kennedy:

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

Marcel Proust:

Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.

Margaret Cousins:

Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary.

Meister Eckhart:

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

Melodie Beattie:

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity.... It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.

Karl Barth

Joy is the simplest form of gratitude.

Rabbi Terry Bookman

Think of something for which you are grateful today. Say thanks. I am grateful to You, Giver and Sustainer of life, for having granted me another day of life. Your love and faith in me is truly

overwhelming.

Esther de Waal

The generosity of God in sharing the goodness of creation with us can elicit only one possible response — that of gratitude.

Annie Dillard

I think the dying pray at the last not "please," but "thank you," as a guest thanks his host at the door.

Zeb Master Dogen

Continuous practice, day after day, is the most appropriate way of expressing gratitude. This means that you practice continuously, without wasting a single day of your life, without using it for your own sake. Why is it so? Your life is a fortunate outcome of the continuous practice of the past. You should express your gratitude immediately.

Stephen Levine

Gratitude is the state of mind of thankfulness. As it is cultivated, we experience an increase in our "sympathetic joy," our happiness at another's happiness. Just as in the cultivation of compassion, we may feel the pain of others, so we may begin to feel their joy as well. And it doesn't stop there.

Timothy Miller

Gratitude is the intention to count-your-blessings every day, every minute, while avoiding, whenever possible, the belief that you need or deserve different circumstances.

Lewis Richmond

Notice when you say or someone near you says "Thank you." Think of those two words as a signpost to the spiritual world.

Be joyful always,
Pray continually,
Give thanks in all
circumstances for
this is God's will for
you in Christ Jesus.

1 Thessalonians 5:16-18

Ronal Rolheiser

Sanctity has to do with gratitude. To be a saint is to be fueled by gratitude, nothing more and nothing less.

Brother David Steindl-Rast

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

Regina Sara Ryan

Another reason we turn logical with our gratitude is that it is terrifying. The wonder of a moment in which there is nothing but an upwelling of simple happiness is utterly awesome. Gratitude is so close to the bone of life, pure and true, that it instantly stops the rational mind, and all its planning and plotting. That kind of let go is fiercely threatening. I mean, where might such gratitude end?

Lewis B. Smedes

Any moment that opens us up to the reality that life is good is a parable of the supreme end for which we were made.

Brother David Steindl-Rast

Gratitude is here presented as more than a feeling, a virtue, or an experience; gratitude emerges as an attitude we can freely choose in order to create a better life for ourselves and for others. The Nigerian Hausa put it this way: *Give thanks for a little and you will find a lot.*

Philip Toshio Sudo

For many of us, the computer is the means by which we earn a living. To give it a nod, then, is a way of thanking the tool for what it provides in life. It helps put bread on the table and a roof overhead. It gives us work and pleasure, exercises our minds, brings us information, connects us with other people. It is a partner helping us

achieve our goals. Nodding also thanks the unseen hands and minds who helped create our machine.

Edward Hayes

It is important not only to be grateful *to* others but also to be grateful *for* others. We need to cultivate a gratitude for others' giftedness in the same way that we appreciate a beautiful sunset or a smile from a loved one. Others always seem to have been given gifts in life that we desire, and so it's easy to be envious. Riding sidesaddle with envy is a dangerous practice: I would be happy if I had what he or she possesses. By contrast, giving thanks constantly and in all circumstances liberates us from envy.

Thomas Merton

To be grateful is to recognize the Love of God in everything He has given us — and He has given us everything. Every breath we draw is a gift of His love, every moment of existence is a grace, for it brings with it immense graces from Him. Gratitude therefore takes nothing for granted, is never unresponsive, is constantly awakening to new wonder and to praise of the goodness of God. For the grateful person knows that God is good, not by hearsay but by experience. And that is what makes all the difference.

Albert Schweitzer

The greatest thing is to give thanks for everything. He who has learned this knows what it means to live. He has penetrated the whole mystery of life: giving thanks for everything.

Ralph H. Blum

There is a calmness to a life lived in Gratitude, a quiet joy.

Willie Nelson

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



A.A. Milne

Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude.

Neal a. Maxwell

We should certainly count our blessings, but we should also make our blessings count.

Dietrich Bonhoeffer

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.

Mahatma Gandhi

May the work of your hands be a sign of gratitude and reverence to the human condition.