

Gratitude

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Taught by Catherine Anderson

Series: Gratitude

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1. The situation matters.
2. Gratefulness is a set of wide-ranging emotions.
3. Gratefulness is an unplanned response.
4. Gratitude is relational, communal

Resources:

Grateful, by Diana Butler Bass

The Little Book of Gratitude, by Robert Emmons

<https://www.npr.org/2014/02/14/267202113/what-does-it-take-to-be-grateful>

<https://churchlifejournal.nd.edu/articles/the-politics-of-gratitude/>

<https://www.contemplativelife.org/practice/gratefulness-org/>

Gratitude is not only the emotional response to random experiences, but even in the darkest times of life, gratitude waits to be seen, recognized, and acted upon more thoughtfully and with a sense of purpose. Gratitude is a feeling, but it is also more than that. And it is much more than a spiritual technique to achieve peace of mind or prosperity. Gratitude is a habit of awareness that reshapes our self-understanding and the moral choices we make in the world. In short, gratitude is an ethic, a coherent set of principles and practices related to grace, gifts, and giving that can shape our lives.

—*Gratitude*, Diana Butler Bass, p. 60

To be grateful for the good things that happen in our lives is easy, but to be grateful for all of our lives—the good as well as the bad, the moments of joy as well as the moments of sorrow, the successes as well as the failures, the rewards as well as the rejections—that requires hard spiritual work. Still, we are only truly grateful people when we can say thank you to all that has brought us to the present moment. As long as we keep dividing our lives between events and people we would like to remember and those we would rather forget, we cannot claim the fullness of our beings as a gift of God to be grateful for.

Let's not be afraid to look at everything that has brought us to where we are now and trust that we will soon see in it the guiding hand of a loving God.

—Henri Nouwen,
<https://henrinouwen.org/meditations/the-spiritual-work-of-gratitude/>

*i thank You God for most this amazing
day: for the leaping greenly spirits of trees
and a blue true dream of sky; and for everything
which is natural which is infinite which is yes*

*(i who have died am alive again today,
and this is the sun's birthday; this is the birth
day of life and of love and wings: and of the gay
great happening illimitably earth)*

*how should tasting touching hearing seeing
breathing any—lifted from the no
of all nothing—human merely being
doubt unimaginable You?*

*(now the ears of my ears awake and
now the eyes of my eyes are opened)*

—“i thank you God for this most amazing”, by e.e.
cumings