

grat•i•tude

A feeling of thankful appreciation for favors or benefits received.

(From the Latin term "*gratus*," meaning *pleasing* in reference to Grace.)

The Attitude of Gratitude

Whenever some pleasing or joyous event occurs in our lives, it is important for us to be grateful for the experience. It is also essential to realize that such experiences are actually an awareness of the activity of God in our lives expressing Itself as the "*Law of Gratitude*," which is simply stated:

'Whatever we are grateful for will increase.'

It's important to recognize that the fruits of the Law of Gratitude can only be realized by *acting* in response to the benefits we receive. Consequently, it is essential to always take some form of *action* whenever we receive a blessing that we would like to have increase in our lives. Even if we don't *feel* grateful in the moment, it is by our actions that we stimulate the feelings of gratitude that activate the Law.

It is equally important to find something to be grateful for in the midst of an unpleasant circumstance. For example: If you were to get into a '*fender bender*' accident with your car, be grateful that no one was hurt. In the words of Ralph Waldo Emerson:

"Within every adversity lies the seed of some greater benefit."

If you can find that seed, and bless it with a gesture of gratitude, it will blossom quickly, release you completely from the bitter fruit from whence it came.

Lastly,, keep in mind that there is nothing that nullifies the Law of Gratitude as quickly as '*taking things for granted*' or believing that we have created our own blessings without the benefit of God. So it is always appropriate to thank God for every good thing in our lives, and to thank others for participating in the revelation of our blessings.

Using the Journal

In order to 'get in the habit' of being grateful, it is suggested that you write down at least one thing that you are grateful for at the end of each day throughout the duration of this class. Use the following 'Gratitude Journal' pages which have been especially prepared for this purpose. If you are not sure who to be grateful to for some fortuitous circumstance, simply be thankful to God.

As you make your daily entry be sure to check off the action you have taken. If you have not yet taken an action, circle the checkbox of the one that you intend to take, and then check it off once it has been completed.

Once you have finished writing down an entry, be sure to set it into action by speak it aloud using the following Easy Prayer as a guide.

The Gratitude Easy Prayer

I am grateful God is gracious. I am grateful to _____ for _____.

As a gesture of my gratitude I have/intend to _____ (action) _____ so that this good might increase in my life, as well as theirs. May God bless us all. Amen 🙏

On the form below, enter the names of individuals or institutions to whom you are grateful. Underneath their name, write what you are grateful to them for. In the shaded area below that, check off the actions that you took to demonstrate your gratitude. If some further action still needs to be taken, simply circle the appropriate box, and then come back and check it off once it has been completed.

I am grateful God is Gracious...

♥ I am grateful to: _____ Date _____

For: _____

Action: ☐ Call ☐ Card ☐ E-mail ☐ Verbal ☐ Gift ☐ \$ Gift ☐ Prayer ☐ Other:

♥ I am grateful to: _____ Date _____

For: _____

Action: ☐ Call ☐ Card ☐ E-mail ☐ Verbal ☐ Gift ☐ \$ Gift ☐ Prayer ☐ Other:

♥ I am grateful to: _____ Date _____

For: _____

Action: ☐ Call ☐ Card ☐ E-mail ☐ Verbal ☐ Gift ☐ \$ Gift ☐ Prayer ☐ Other:

♥ I am grateful to: _____ Date _____

For: _____

Action: ☐ Call ☐ Card ☐ E-mail ☐ Verbal ☐ Gift ☐ \$ Gift ☐ Prayer ☐ Other:

♥ I am grateful to: _____ Date _____

For: _____

Action: ☐ Call ☐ Card ☐ E-mail ☐ Verbal ☐ Gift ☐ \$ Gift ☐ Prayer ☐ Other:

♥ I am grateful to: _____ Date _____

For: _____

Action: ☐ Call ☐ Card ☐ E-mail ☐ Verbal ☐ Gift ☐ \$ Gift ☐ Prayer ☐ Other:

♥ I am grateful to: _____ Date _____

For: _____

Action: ☐ Call ☐ Card ☐ E-mail ☐ Verbal ☐ Gift ☐ \$ Gift ☐ Prayer ☐ Other:

"If the only prayer you ever say in your whole life is 'Thank You,' that would suffice." ...Meister Eckhart

On the form below, enter the names of individuals or institutions to whom you are grateful. Underneath their name, write what you are grateful to them for. In the shaded area below that, check off the actions that you took to demonstrate your gratitude. If some further action still needs to be taken, simply circle the appropriate box, and then come back and check it off once it has been completed.

I am grateful God is Gracious...

♥ I am grateful to: _____ Date _____

For: _____

Action: ☐ Call ☐ Card ☐ E-mail ☐ Verbal ☐ Gift ☐ \$ Gift ☐ Prayer ☐ Other:

♥ I am grateful to: _____ Date _____

For: _____

Action: ☐ Call ☐ Card ☐ E-mail ☐ Verbal ☐ Gift ☐ \$ Gift ☐ Prayer ☐ Other:

♥ I am grateful to: _____ Date _____

For: _____

Action: ☐ Call ☐ Card ☐ E-mail ☐ Verbal ☐ Gift ☐ \$ Gift ☐ Prayer ☐ Other:

♥ I am grateful to: _____ Date _____

For: _____

Action: ☐ Call ☐ Card ☐ E-mail ☐ Verbal ☐ Gift ☐ \$ Gift ☐ Prayer ☐ Other:

♥ I am grateful to: _____ Date _____

For: _____

Action: ☐ Call ☐ Card ☐ E-mail ☐ Verbal ☐ Gift ☐ \$ Gift ☐ Prayer ☐ Other:

♥ I am grateful to: _____ Date _____

For: _____

Action: ☐ Call ☐ Card ☐ E-mail ☐ Verbal ☐ Gift ☐ \$ Gift ☐ Prayer ☐ Other:

♥ I am grateful to: _____ Date _____

For: _____

Action: ☐ Call ☐ Card ☐ E-mail ☐ Verbal ☐ Gift ☐ \$ Gift ☐ Prayer ☐ Other:

"If the only prayer you ever say in your whole life is 'Thank You,' that would suffice." ...Meister Eckhart