

# Seekers on Gratitude November 26 2023

Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.

For the Lord is good; his mercy is everlasting; and his truth endureth to all generations." Psalm 100

"Gratitude is the key to finding contentment in life."

Rufus Jones

If the only prayer you ever say in your entire life is thank you, it will be enough.

[Meister Eckhart](#)

Queries (?) on gratitude

Something I'm grateful for

1. that is in nature
2. that makes a beautiful sound
3. that tastes good
4. that smells amazing
5. that has been hard for me
6. that I would like to share with others
7. that is older than me
8. that I recently discovered or learned
9. that shows a vibrant color
10. that has words on it
11. that makes me feel strong
12. that makes me laugh
13. that makes me cry
14. that represents my country or culture
15. that is someone I love (outside of my group)

(from *This Little House of Mine* website)

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, and swimming, fencing, boxing, walking, playing, dancing, and grace before I dip the pen in ink.

— G. K. Chesterton in *Different Seasons* by Dale Turner

"Give us a thankful sense of the blessings in which we live, of the many comforts of our lot; that we may not deserve to lose them by discontent or indifference. Be gracious to our necessities, and guard us, and all we love, from evil this night. May the sick and afflicted, be now, and ever in thy care; and heartily do we pray for the safety of all that travel by land or by sea, for the comfort and protection of the orphan and widow and that thy pity may be shewn upon all captives and prisoners."

Jane Austin

[The Grateful Living Team: 30 Daily Practice Ideas for Living Gratefully](#)

This offering of 30 daily gratitude practice ideas ranges from simple actions to reflective meditations to weeklong commitments — all designed to inspire and support your grateful living journey. Experiment with repeating one practice every day for a week, open yourself to the surprise of trying a new idea each day, and/or use this list of ideas as inspiration for developing your <https://grateful.org/resource/grateful-living-gratitude-practice-ideas/> own.

From FCNL

What would our society look like if we embraced gratitude? Not just privately, in gratitude journals and personal prayers... but as a civic practice?

Sound strange? We don't often think of gratitude as a public act. In her book *Grateful: The Transformative Power of Giving Thanks*, religious scholar and author Diana Butler Bass explores a radical idea: gratitude is social. It connects us to one another. In *Grateful*, Butler Bass brings this idea to life, giving readers a glimpse of a world where blessings are shared and acknowledged freely, without expectation or debt. (more)

<https://www.fcnl.org/events/gratitude-radical-and-essential-act>