



# *Give Thanks With a Grateful Heart*

## **Editor's note:**

*May these poems, prayers and ponderings about thanksgiving and gratitude be an encouraging reference at Thanksgiving and throughout the year.*

## **Thanksgiving Prayer**

*For each new morning  
with its light,  
For rest and shelter of the night,  
For health and food,  
For love of friends,  
For everything  
Thy goodness sends.  
For flowers that bloom  
about our feet,  
For tender grass,  
so fresh, so sweet,  
For song of bird and hum of bee,  
For all things fair we hear or see,  
Father in heaven, we thank Thee!*  
—Ralph Waldo Emerson

## **An Irish Blessing**

*Count your blessings  
instead of your crosses;  
Count your gains  
instead of your losses.  
Count your joys  
instead of your woes;  
Count your friends  
instead of your foes.  
Count your smiles  
instead of your tears;  
Count your courage  
instead of your fears.  
Count your full years  
instead of your lean;  
Count your kind deeds  
instead of your mean.*

*Count your health  
instead of your wealth;  
Love your neighbor  
as much as yourself.*  
—Author Unknown

## **Thankful Thoughts**

*"Hem your blessings with thankfulness  
so they don't unravel."*—Author  
Unknown

*"I would maintain that thanks are the  
highest form of thought, and that  
gratitude is happiness doubled by  
wonder."*—G.K. Chesterton

*"To speak gratitude is courteous and  
pleasant, to enact gratitude is generous  
and noble, but to live gratitude is to  
touch Heaven."*—Johannes A. Gaertner

*"Feeling gratitude and not expressing it  
is like wrapping a present and not giving  
it."*—William Arthur Ward

*"You say, 'If I had a little more, I should  
be very satisfied.' You make a mistake.  
If you are not content with what you  
have, you would not be satisfied if it  
were doubled."*—Charles H. Spurgeon

*"We tend to forget that happiness  
doesn't come as a result of getting  
something we don't have, but rather of  
recognizing and appreciating what we  
do have."*—Frederick Koenig

*"Do not spoil what you have by desiring  
what you have not; remember that what  
you now have was once among the  
things you only hoped for."*—Epicurus

*"God has two dwellings; one in heaven,  
and the other in a meek and thankful  
heart."*—Izaak Walton

*"Thanksgiving is nothing if not a glad  
and reverent lifting of the heart to God  
in honor and praise for His goodness."*  
— Robert Casper Lintner

*"Gratitude is a quality similar to  
electricity: it must be produced and  
discharged and used up in order to exist  
at all."*—William Faulkner

*"A basic law: the more you practice the  
art of thankfulness, the more you have to  
be thankful for."*—Norman Vincent Peale

*"In the past I always thought of  
gratitude as a spontaneous response to  
the awareness of gifts received, but now  
I realize that gratitude can also be lived  
as a discipline. The discipline of  
gratitude is the explicit effort to  
acknowledge that all I am and all I have  
is given to me as a gift of love, a gift to  
be celebrated with joy."*—Henri Nouwen

*"Make it a habit to tell people thank  
you. To express your appreciation,  
sincerely and without the expectation of  
anything in return. Truly appreciate  
those around you, and you'll soon find  
many others around you. Truly  
appreciate life, and you'll find that you  
have more of it."*—Ralph Marston

*"An amazing thing happens when we  
offer praise and thanksgiving to God.  
When we give God enjoyment, our own  
hearts are filled with joy."*—William Law