

## 24-Gratitude and Thankfulness

We return thanks to our mother, the earth, which sustains us.

We return thanks to the rivers and streams, which supply us with water.

We return thanks to all herbs, which furnish medicines for the cure of our diseases.

We return thanks to the moon and stars, which have given to us their light when the sun was gone.

We return thanks to the sun, that has looked upon the earth with a beneficent eye.

Lastly, we return thanks to the Great Spirit, in Whom is embodied all goodness, and Who directs all things for the good of Her children.

Iroquois Prayer

If the combatants of a host be of pure behaviour and modest deportment and attend to one another in loving-kindness, that is regarded as an indication of future success. If agreeable sounds and orders and sensations of touch prevail, and if the combatants become inspired with gratitude and patience, that is regarded as the root of success.

Hinduism, Vyāsa, *The Mahabharata* 12 102.2

Enter into His gates with thanksgiving, and into His courts with praise; give thanks unto Him, and bless His name. For HaShem is good; His mercy endureth for ever; and His faithfulness unto all generations.

Judaism, *Tehilim (Psalms)* 100: 4-5

My son, if thy heart be wise, my heart will be glad, even mine; Yea, my reins will rejoice, when thy lips speak right things.

Judaism, *Misheli (Proverbs)* 23: 15-16

Reverence and humility, contentment and gratitude, the hearing of the Dhamma at due seasons, this is the highest blessing.

Buddhism, *The Sutta Nipata* 4.264

This food is the gift of the whole universe,

Each morsel is a sacrifice of life,

May I be worthy to receive it.

May the energy in this food,

Give me the strength,

To transform my unwholesome qualities into wholesome ones.

I am grateful for this food,  
May I realize the Path of Awakening,  
For the sake of all beings.

Buddhism, *Buddhist Prayers: Mealtime Prayer*, 21

And as ye would that men should do to you, do ye also to them likewise....But love ye your enemies, and do good, and lend, hoping for nothing again; and your reward shall be great, and ye shall be the children of the Highest: for he is kind unto the unthankful and to the evil.

Christianity, *Luke 6: 31, 35*

For this cause also thank we God without ceasing, because, when ye received the word of God which ye heard of us, ye received it not as the word of men, but as it is in truth, the word of God, which effectually worketh also in you that believe.

Christianity, *Thessalonians 2: 13*

We showed him the Way: whether he be grateful or ungrateful (rests on his will).

Islam, *Qur'án 76: 3*

Nor can a soul die Except by God's leave, The term being fixed As by writing. If any Do desire a reward In this life, We shall give it To him; and if any Do desire a reward In the Hereafter, We shall Give it to him. And swiftly shall We reward Those that (serve us with) gratitude.

Islam, *The Qur'an*, 3.145

Be generous in prosperity, and thankful in adversity.

Bahá'i, Bahá'u'lláh,  
*Epistle to the Son of the Wolf*, pp. 93-94

But real thankfulness is a cordial giving of thanks from the heart. When man in response to the favors of God manifests susceptibilities of conscience, the heart is happy, the spirit is exhilarated. These spiritual susceptibilities are ideal thanksgiving.

Bahá'i, 'Abdu'l-Bahá,  
*Promulgation of Universal Peace*, p. 236

You should all be very happy and thankful to God for the great privilege that is yours.

Bahá'i, 'Abdu'l-Bahá,  
*Paris Talks*, p.112