

# GRATITUDE

<p>1</p> <p><b>IN ALL THINGS GIVE THANKS.</b></p> <p><i>Ephesians 5:20</i></p>	<p>2</p> <p><i>Thanking is a new, inward knowing, with great reverence and loving awe.</i></p> <p><i>Bl. Julian of Norwich</i></p>	<p>3</p> <p><b>According to the natural order of things, it is fitting that the recipient of a favor should respond with due gratitude to his benefactor.</b></p> <p><i>St. Thomas Aquinas</i></p>	<p>4</p> <p>We should accept, as we would a favor, every moment of our lives and whatever they may bring, whether it is good or bad, but the crosses with even greater gratitude than the rest. Crosses release us from this world and by doing so bind us to God.</p> <p><i>Ven. Charles de Foucauld</i></p>	<p>5</p> <p>What better words may we carry in our heart, pronounce with our mouth, write with a pen, than the words, "Thanks be to God"? There is no phrase that may be said so readily, that can be heard with greater joy, felt with more emotion or produced with greater effect.</p> <p><i>St. Augustine</i></p>	<p>6</p> <p>[THE COMMANDMENTS] EXPRESS THE IMPLICATIONS OF BELONGING TO GOD THROUGH THE ESTABLISHMENT OF THE COVENANT. MORAL EXISTENCE IS A RESPONSE TO THE LORD'S LOVING INITIATIVE. IT IS THE ACKNOWLEDGMENT AND HOMAGE GIVEN TO GOD AND A WORSHIP OF THANKSGIVING. IT IS COOPERATION WITH THE PLAN GOD PURSUES IN HISTORY.</p> <p>CCC 2062</p>	<p>7</p> <p><i>The Eucharist is a sacrifice of thanksgiving to the Father, a blessing by which the Church expresses her gratitude to God for all his benefits, for all that he has accomplished through creation, redemption, and sanctification. Eucharist means first of all "thanksgiving."</i></p> <p>CCC 1360</p>	<p>8</p> <p><b>He that complains or murmurs is not perfect, nor is he even a good Christian.</b></p> <p><i>St. John of the Cross</i></p>
<p>9</p> <p>We should not accept in silence the benefactions of God, but return thanks for them.</p> <p><i>St. Basil</i></p>	<p>10</p> <p><i>One act of thanksgiving, when things go wrong with us, is worth a thousand thanks when things are agreeable to our inclinations.</i></p> <p><i>St. John of Avila</i></p>	<p>11</p> <p><i>GIVE THANKS FREQUENTLY TO GOD FOR ALL THE BENEFITS HE HAS CONFERRED ON YOU, THAT YOU MAY BE WORTHY TO RECEIVE MORE.</i></p> <p><i>St. Louis IX</i></p>	<p>12</p> <p>To visit the Blessed Sacrament is . . . a proof of gratitude, an expression of love, and a duty of adoration toward Christ our Lord.</p> <p><i>Pope Paul VI</i></p>	<p>13</p> <p><b>NO DUTY IS MORE URGENT THAN THAT OF GIVING THANKS.</b></p> <p><i>St. Ambrose</i></p>	<p>14</p> <p><b><i>When it comes to life the critical thing is whether you take things for granted or take them with gratitude.</i></b></p> <p><i>G. K. Chesterton</i></p>	<p>15</p> <p>There is no one who, with a little bit of thought, cannot but discover many reasons for being thankful to God . . . Once we have come to an appreciation of all He has given to us, we will have abundant cause to give thanks continually.</p> <p><i>St. Bernard</i></p>	<p>16</p> <p><b>I always thank God for you because of his grace given you in Christ Jesus.</b></p> <p><i>1 Cor. 1:4</i></p>

<p>17</p> <p><i>God is very pleased with those who recognize his goodness by reciting the 'Te Deum' in thanksgiving whenever something out of the ordinary happens. without caring whether it may have been good or bad. as the world reckons these things. For everything comes from the hands of our father: so though the blow of the chisel may hurt our flesh, it is a sign of Love, as He smooths off our rough edges and brings us closer to perfection.</i></p> <p><i>St. Josemaria</i></p>	<p>18</p> <p><b>Yea, though I sin each day times seven, And dare not lift the fearfullest eye to heaven. Thanks I must give Because that seven times are not eight or nine, And that my darkness is all mine, And that I live Within this oak-shade one more minute even, Hearing the winds their Maker magnify.</b></p> <p><i>Coventry Patmore (19<sup>th</sup> C.)</i></p>	<p>19</p> <p>Respect for parents (<i>filial piety</i>) derives from <i>gratitude</i> toward those who, by the gift of life, their love and their work, have brought their children into the world and enabled them to grow in stature, wisdom, and grace. "With all your heart honor your father, and do not forget the birth pangs of your mother. Remember that through your parents you were born; what can you give back to them that equals their gift to you?"</p> <p><i>CCC 2215 (Sir 7:27-28)</i></p> <p><i>St. Josephine Bakhita</i></p>	<p>20</p> <p>If I were to meet the slave-merchants who kidnapped me and even those who tortured me, I would kneel and kiss their hands. If what happened to me had never taken place, how could I become a Christian and a religious? Then I did not know the Lord: I lost much time then, and so many merits. Now I must make up for this loss... If I were to kneel my whole life, it would not be enough to express my gratitude to the good Lord.</p> <p><i>St. Josephine Bakhita</i></p>	<p>21</p> <p><b>It is a good thing to give thanks unto the Lord, and to sing praises unto thy name.</b></p> <p><b>O most high: To show forth thy lovingkindness in the morning, and thy faithfulness every night.</b></p> <p><i>Psalm 92:1-2</i></p>	<p>22</p> <p><b>Get used to lifting your heart to God, in acts of thanksgiving, many times a day. Because he gives you this and that. Because you have been despised. Because you haven't what you need or because you have. Because he made his Mother so beautiful, his Mother who is also your mother. Because he created the sun and the moon and this animal and that plant. Because he made that man eloquent and you he left tongue-tied . . . Thank him for everything, because everything is good.</b></p> <p><i>St. Josemaria</i></p>	<p>23</p> <p>Surely such a stroke of love should be enough to awaken anyone from the slumber of indifference. Let such a one reflect upon this mystery and say to himself: "It is God almighty who will come down upon the altar at the words of consecration; I shall hold him in my hands, and converse with Him, and receive Him into my breast."</p> <p><i>St. John of Avila</i></p>	<p>24</p> <p>The faithful who enroll in Mary's school take a path of prayer that guarantees a Christian life; with her they discover the mercy of the Father who stoops down to all human beings, especially the poor, the little and the suffering. Therefore we can tirelessly repeat with Mary her canticle of thanksgiving: "He has regarded the low estate of his handmaiden. For behold, henceforth all generations will call me blessed" (Lk 1: 48).</p> <p><i>Pope John Paul II</i></p>
<p>25</p> <p>For Christians a special gratitude is due to those from whom they have received the gift of faith, the grace of Baptism, and life in the Church. These may include parents, grandparents, other members of the family, pastors, catechists, and other teachers or friends.</p> <p><i>CCC 2220</i></p>	<p>26</p> <p><b>I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder.</b></p> <p><i>G.K. Chesterton</i></p>	<p>27</p> <p>If we have any natural defect, either in mind or body, let us not grieve and be sorry for ourselves. Who is there that ever receives a gift and tries to make bargains about it? Let us, then, return thanks for what He has bestowed on us. Who can tell whether, if we had a larger share of ability or stronger health, we should not have possessed them to our destruction.</p> <p><i>St. Alphonsus Liguori</i></p>	<p>28</p> <p><b>The Incarnate Word transforms human life from within, sharing with us his being as Son of the Father. He became like us in order for us to become like him: children of the Son, hence, people free from the law of sin. Is this not a fundamental reason to raise our thanksgiving to God?</b></p> <p><i>Benedict XVI</i></p>	<p>29</p> <p>WE OUGHT TO GIVE THANKS FOR ALL FORTUNE: IF IT IS GOOD, BECAUSE IT IS GOOD, IF BAD, BECAUSE IT WORKS IN US PATIENCE, HUMILITY AND THE CONTEMPT OF THIS WORLD AND THE HOPE OF OUR ETERNAL COUNTRY.</p> <p><i>C. S. Lewis</i></p>	<p>30</p> <p><b>Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.</b></p> <p><i>1 Thess 5:18</i></p>	<p>31</p> <p><i>O God, Whose mercy is without measure and Whose bountiful goodness knows no end: We give thanks to Thy gracious majesty for the gifts conferred upon us, ever beseeching Thy clemency; that even as Thou dost grant the wishes of Thy suppliants, Thou wouldst not abandon them but dispose them to receive still further rewards.</i></p> <p><i>Roman Missal, Collect (after 9<sup>th</sup> C.)</i></p>	<p><b>Holy Mary, Mother of Divine Grace, Pray For Us</b></p>

