



GRATITUDE NOTE STARTERS

... be the one who will plant life-giving seeds for the soul
through words of appreciation, gratitude, and thankfulness.
(Pastor Tim Erickson)

Gratitude invites us into the wonder and awe of God's expansive creation. Eager to see and thirsty to notice God's handiwork. We begin to experience the exquisite joy of the Lord. What a beautiful gift to share God's joy and our gratitude with friends and loved ones.

IDEAS TO GET YOU STARTED

- The only way to move forward in JOY is to give thanks with each step. (Tara Dickson)
- *I always thank my God when I pray for you.* (Philemon 1:4)
- Fill the earth with your songs of gratitude. (Charles Spurgeon)
- *I have not stopped giving thanks for you, remembering you in my prayers.* (Ephesians 1:16)
- *Give thanks to the LORD, for he is good; his love endures forever.* (Psalm 118:1)
- Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings. (William Arthur Ward)
- ... let the thankful heart sweep through the day and, as the magnet finds the iron, so it will find, in every hour, some heavenly blessings. (Henry Ward Beecher)
- The soul that gives thanks can find comfort in everything ... (Hannah Whitall Smith)
- The best way to show your gratitude to God and people is to accept everything with joy. (Mother Teresa)
- Thank you is the best prayer that anyone could say ... Thank you expresses ... gratitude, humility, understanding. (Alice Walker)
- The root of joy is gratefulness. (David Steindl-Rast)

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- Piglet noticed that even though he had a very small heart it could hold a rather large amount of gratitude. (A.A. Milne)
- Gratitude flows from the recognition that who we are and what we have are gifts to be received and shared. (Henri Nouwen)
- For me, every hour is grace. And I feel gratitude in my heart each time I can meet someone and look at his or her smile. (Elie Wiesel)
- Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts. (Henri Frederic Amiel)
- Living in a state of gratitude is the gateway to grace. (Arianna Huffington)
- ... *give thanks to the LORD for his unfailing love ...* (Psalm 107:8)
- To be grateful is to find blessings in everything. (Alan Cohen)
- Gratitude and peace are the necessary ingredients of true joy. (Pamela Piquette)
- Thanks be to God for His unspeakable gift – indescribable, inestimable, incomparable, inexpressible – precious beyond words. (Lois Lebar)
- Thanksgiving leads our hearts beyond the blessing to the One who gave it. (Stacy L. Sanchez)
- Gratitude produces deep, abiding joy because we know that God is working in us, even through difficulties. (Charles Stanley)
- What greater thanks can we give to a loving Creator than to relish the treasure of a new dawn and trust Him to take care of our tomorrows? (Pam Thorson)
- Today, thank God for one thing, however small, however seemingly insignificant. (Cindee Snider Re)
- Gratitude is an offering precious in the sight of God ... (A.W. Tozer)
- ... *we give Him thanks for you with great joy!* (Philippians 1:3)
- True gratitude is faith in God's love, trusting that His promises run deeper than anything this world can offer us. (Erin Burkhardt)



I say ... grace before I dip the pen in the ink. (G.K. Chesterton)

Developing a heart of gratitude very often comes as the result of the struggles that we have gone through. Many times, we don't realize how blessed we are until we've lost something.

God gave you a gift of 86,400 seconds today.
Have you used one to say *thank you*?

(William Arthur Ward)

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