



A Journey through Advent

Week 1: Thursday

Give thanks to the Lord, for he is good, for his mercy endures forever

Psalm 118

- Gratitude is deeply embedded in many religious traditions. In Judaism, the first words of the morning prayer translate as "I am thankful".
- From a Christian perspective, gratitude and thanksgiving are vital. Before Jesus shared his last meal with his disciples, he gave thanks.
- Gratitude also plays an essential role in Islam. The Quran enumerates all the things human beings have to be grateful for and then asks, "How can a sensible person be anything but thankful to God?"
- Other traditions also stress the importance of thankfulness. Hindu festivals celebrate blessings and offer thanks for them. In Buddhism, gratitude develops patience and serves as an antidote to greed.

Adapted from Richard Gunderman The Conversation Nov.2019

Music to listen to...

Thank You, Lord

<https://www.youtube.com/watch?v=xOgAmQvOUM0>

Wait for the Lord (Taizé)

<https://www.youtube.com/watch?v=s7GexIvX8HU&list=PLi7R80OHX-5aZeetHk1sUIMVqr5HZqDOe&index=3>

A Mindful Moment...

Make a list – in your head or on paper – of ten things you are grateful for. (Don't stop until you get to ten!)

A Thought to Carry Through the Day...

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

Meister Eckhart

