



## *“Thanks”- living: An Attitude of Gratitude*

**A full heart** is more beneficial to a human than a full stomach. In truth, full stomachs often cause distress and symptoms of discomfort that last long past a meal. With the reality of *global hunger* in mind, let us live thankfully -- generously sharing our table, our means, and our lives. The fullness that comes as a result of so living brings its own abundance and a sacred *attitude of gratitude*. *‘Tis the season for thanks-living...*

### *Consider This:*

- *“In everything give thanks; for this is the will of God concerning you.”* *I Thessalonians 5:18*
- *“Gratitude is the memory of the heart.”* *Anon*
- *“To stand on one’s legs and prove God’s existence is a very different thing from going on one’s knees and thanking ‘God.’”*  
*Soren Kierkegaard*

### *Responding from Within:*

1. What blessings are yours this day?
2. Remember those for whom you are thankful. Speak their names before God.
3. What nourishes you? Be thankful. Who draws nourishment from you? Be thankful.

### *Prayer:*

God of abundance, give me a full and compassionate heart like Your own. Infuse my life with an attitude of thanksgiving. Cause thanks-living to spill over into everything I do. Let joy be in my mouth and laughter in my belly, because of Your goodness to me. Then, Lord, use me to not only feel the need of my neighbor, but also to fill empty places with Your love, o’erflowing. Amen

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