



Thankfulness



Prayer

My God, my Adored One, my King, my desire! What tongue can voice my thanks to Thee? I was heedless, Thou didst awaken me. I had turned back from Thee, Thou didst graciously aid me to turn towards Thee. I was as one dead, Thou didst quicken me with the water of life. I was withered, Thou didst revive me with the heavenly stream of Thine utterance which hath flowed forth from the Pen of the All-Merciful.

(Bahá'u'lláh, Baha'i Prayers, p. 18)

Quotation

Reflect, O people, on the grace and blessings of your Lord, and yield Him thanks at eventide and dawn.

(Bahá'u'lláh, The Kitab-i-Aqdas, p. 30)

Discuss the Spiritual Quality

Thankfulness is being grateful for what happens in your life and for everything around you. It is being open to receive God's blessings and appreciating each as part of the gift of life. Being thankful helps you stay content and keep a sense of wonder as you go through life. It is realizing how much you have to be grateful for within yourself and for what happens to you. When we are grateful, we see challenges as opportunities for growth and do not take even little things for granted.

Discuss the Spiritual Quality (cont.)

- What does someone practicing Thankfulness look like?
- How can you show Thankfulness each day?
- How do you feel when someone shows Thankfulness to you?

Story



Booklet Page 1

Thankfulness is being grateful for every blessing in our life.



Booklet Page 2

It is appreciating the people and things around us, even the little things we sometimes do not notice.



Booklet Page 3

It is appreciating the opportunities and experiences we have, even the challenges that seem hard at first, because these help us grow.



Booklet Page 4

It is acknowledging the unique way God made us and being thankful for our individual abilities and talents.



Booklet Page 5

True thankfulness is being grateful for what we have been blessed with and using our blessings to benefit others.



Booklet Page 6

When we are thankful, we show an attitude of gratitude in everything we do. We appreciate life and do our best to demonstrate our thankfulness in the way we talk and act every day.



Thankfulness (Virtues In Us #36)

If you're given something nice say thank you. x2

If you're given something nice and you want another slice,

If you're given something nice please say thank you

Sing Thanks to God

Sing thanks to God and give Him praise

With joyful hearts our songs we raise

Sing thanks to God for He is the King

And the Giver of every good thing

Activity

Let's all practice thankfulness!