

Gratitude is much more than a way of praying; it is a way of being. And truly there is no better way to *be*. Choosing the lens of gratitude to look both outward and within, finding daily opportunities to give and receive appreciation, to experience what you have—rather than the anguish of what you don't have—your life will be unutterably blessed.

...With gratitude as the chosen foundation of your life, you will grow more trusting and content. You will discover firsthand that suffering *is* part of life, but so are laughter, kindness, forgiveness, curiosity, awe, beauty and the rewards of love.

—Stephanie Dowrick

“If your only prayer was thank you, it would be enough.”

—Meister Eckhart

Blessed is the grace  
that crowns the sky with stars  
and keeps the planets on their ways,  
and fills our eyes with light,  
the love that keeps us whole  
and day by day sustains us.

Praised be the Power  
that brings renewal to the soul,  
the vital song that makes  
the whole of creation dance.

Blessed is the murmuring dark  
and blessed is light to the eyes.  
The fall of dusk,  
the turning of the day,  
we give thanks for life's renewal,  
the radiant return of the sun,  
the blessed power of creation.  
Praised be the light.

—Traditional Jewish Prayer



## Prayers of Gratitude to nurture joy, peace and connectedness



“[Gratefulness] can change our world in immensely important ways, because if you're grateful, you're not fearful, and if you're not fearful, you're not violent. If you're grateful, you act out of a sense of enough and not of a sense of scarcity, and you are willing to share. If you are grateful, you are enjoying the differences between people, and you are respectful of everybody, and that changes this power pyramid under which we live.”

—Brother David Steindl-Rast, OSB

**Holy Earth, Holy Cosmos,**

I bow before you  
With my whole being.

**Holy Creatures, Holy Nature,**

I kneel upon the earth  
In honour and thanksgiving  
Of your blessed bounty.

**Holy Waters, Holy Mountains,**

I lay my body on your temple  
In gratefulness for nurturing  
My tender soul.

**Holy Passion, Holy Longing,**

I rise up before you  
A devotee of truth,  
Following wherever you lead me.

**Holy Silence, Holy Solitude,**

I place my hands over my heart  
Breathing in serenity,  
Breathing out your peace.

**Holy Freedom, Holy Rejoicing,**

I open my heart to the world  
Offering myself to this day,  
In joyfulness and gratitude.

Amen.

—Beverly Lanzetta  
(from “Canticle of Praise,”  
*A Feast of Prayers*)

Source of All Blessings,  
you bless us with surf, with its  
ever new moods and voices, its  
thunder, its whisper, its hissing, its  
growl, its groan, its laughter, its  
music, its roar; with its shades of  
gray and green and blue and brown  
and its rainbows now and then;  
with its spray, its foam, its spit;  
and with its innumerable smells I  
cannot name. May I, no matter how  
far away from the ocean, hear, see,  
smell, and feel it in my heart.



“Any place is sacred ground, for it can  
become a place of encounter with the  
divine Presence.”

—Brother David Steindl-Rast, OSB



I am praying again, Awesome One.  
You hear me again, even while words  
rising from those deepest,  
most inner places  
rush toward you in the wind.

I yearn to be held  
in the great hands of your heart.  
Oh, let them take me now.  
Into them I place these fragments:  
my life.  
And you, God:  
spend them however you wish.

—Rainer Maria Rilke