

Alphabet

: a set of letters or other characters
with which language is written

of

Gratitude

: appreciative of benefits received

*Words, definitions, quotes, and scripture passages
for a guided practice of gratitude*

Abundant (adj)
: marked by a great plenty

“God does not call us to lives of want. God calls us to lives of enough. Enough is not nothing. Enough has no winners or losers. No one goes hungry, no one gets lost. Enough, with grace, is abundant life.”

—Lee Hull Moses

More Than Enough: Living Abundantly in a Culture of Excess

Where do you find abundance in your life?

How do you give thanks for it?

And God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work.

—2 Corinthians 9:8

Beauty (noun)
: the quality in a person or thing that gives pleasure to the senses or pleurably exalts the mind or spirit

“If we look at the world with a love of life, the world will reveal its beauty to us.”

—Daisaku Ikeda

How does appreciation help you see more beauty?

The heavens are telling the glory of God; and the firmament proclaims God's handiwork.

—Psalm 19:1

Community (noun)
: a unified body of individuals

“In true community we will not choose our companions, for our choices are so often limited by self-serving motives. Instead, our companions will be given to us by grace. Often they will be persons who will upset our settled view of self and world.”

—Parker Palmer, *A Place Called Community*

Where do you find true community that enriches your life?

Do nothing from selfish ambition or empty conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests but to the interests of others.

—Philippians 2:3-4

Discern (verb)

: to detect with senses other than vision

“We have to learn to hear on every level at once if we are really to become whole. The problem is that most of us are deaf in at least one ear. We have to learn to listen to Scripture. And we have to learn to listen to life around us.”

— Joan Chittister

Do not be conformed to this age, but be transformed by the renewing of the mind, so that you may discern what is the will of God—what is good and acceptable and perfect.

— Romans 12:2

When have you been grateful that discernment took you in an unexpected direction?

Empathy (noun)

: the action of understanding, being sensitive to, and vicariously experiencing the feelings, thoughts, and experience of another of either the past or present without having it fully communicated in an objectively explicit manner

Rejoice with those who rejoice; weep with those who weep.

—Romans 12:15

“Having been on the receiving end of empathy, I now consider it my duty to pass it on. I want to live in a world where more people feel free to open up, to finally stop holding everything in and exhale what they’re going through, knowing people will be willing to listen and support them.”

—Morgan Harper Nichols

Peace is a Practice: An Invitation to Breathe Deep and Find a New Rhythm for Life

Who have you connected to with empathy?

How did it change the situation?

Forgive (verb)

: to give up resentment of or claim to requital

“The practice of forgiveness is our most important contribution to the healing of the world.”

—Marianne Williamson

For you, O Lord, are good and forgiving, abounding in steadfast love to all who call on you.

—Psalm 86:5

How can forgiveness bring gratitude to your life?

Generous (adj)

: liberal in giving

“True generosity is an offering; given freely and out of pure love. No strings attached. No expectations. Time and love are the most valuable possession you can share.”

—Suze Orman

Those who are generous are blessed, for they share their bread with the poor.

—Proverbs 22:9

How does generosity lead to gratitude?

Healing (verb)

: to make sound or whole
: to restore to health

“It’s when we start working together that the real healing takes place.”

—David Hume

But for you who revere my name the sun of righteousness shall rise, with healing in its wings.

—Malachi 4:2

When can gratitude be a part of healing?

Imagination (noun)

: the act or power of forming a mental image of something not present to the senses or never before wholly perceived in reality

“May we not be so quick to dismiss what we cannot see with our eyes. May we be willing to see God’s face in the tangibles and the intangibles. As we wake up to imagination, may it be shaped around the image of God.”

—Emily P. Freeman

In Praise of a Holy Imagination

I will pour out my spirit on all flesh; your sons and your daughters shall prophesy, your old men shall dream dreams, and your young men shall see visions.

—Joel 2:28

How can imagination change a situation for the better?

Justice (noun)

: the maintenance or administration of what is just

“In justice, everyone becomes more human, everyone bears the image of the divine.”

—Cole Arthur Riley

This Here Flesh: Spirituality, Liberation, and the Stories that Make Us

But let justice roll down like water and righteousness like an ever-flowing stream.

—Amos 5:24

When have you seen justice enacted and been thankful?

Known (noun)

: generally recognized

“We cultivate love when we allow our most vulnerable and powerful selves to be deeply seen and known, and when we honor the spiritual connection that grows from that offering with trust, respect, kindness and affection.”

—Brene Brown

The Gifts of Imperfection

O Lord, you have searched me and known me. You know when I sit down and when I rise up; you discern my thoughts from far away. You search out my path and my lying down and are acquainted with all my ways.

—Psalm 139:1-3

When have you felt truly known? Give thanks for that time.

L aughter (noun)
: to find amusement or pleasure
in something

“We need laughter in our lives.
Laughter is carbonated holiness.”

— Anne Lamott

*Then our mouth was filled with
laughter and our tongue with
shouts of joy; then it was said
among the nations, “The Lord has
done great things for them.”*

—Psalm 126:2

When were you most thankful for a good laugh?

Music (noun)
: vocal, instrumental, or
mechanical sounds having rhythm,
melody, or harmony

“Music expresses that which cannot
be said and on which it is impossible
to be silent.”

—Victor Hugo

*I will sing of your steadfast love,
O Lord, forever; with my mouth
I will proclaim your faithfulness
to all generations. I declare that
your steadfast love is established
forever; your faithfulness is as firm
as the heavens.*

—Psalm 89:1-2

What music helps you express your gratitude?

Neighbor (noun)
: a fellow human being

“The first question which the priest
and the Levite asked was: ‘If I stop
to help this man, what will happen
to me?’ But...the good Samaritan
reversed the question: ‘If I do not
stop to help this man, what will
happen to him?’”

— Martin Luther King Jr.

*“You shall love the Lord your
God with all your heart and with
all your soul and with all your
mind.’ This is the greatest and
first commandment. And a second
is like it: ‘You shall love your
neighbor as yourself.’”*

—Matthew 22:37-39

*How does our interconnected world
expand who our neighbors are? Give thanks for neighbors near and far.*

Observe (verb) : to take notice

“Paying attention to the world around you will help you develop the extraordinary capacity to look at mundane things and see the miraculous.”

—Michael Michalko

Take note throughout your day—how many things can you find to be thankful for? Write them below.

*“I am about to do a new thing;
now it springs forth; do you not
perceive it? I will make a way in the
wilderness and rivers in the desert.*

—Isaiah 43:19

Present (noun) : at or during this time

“We can become new and begin anew, we can greet the day fresh and clean—if we can focus our awareness on the present, if we can see life as it really is. When we’re not living in the moment, we don’t really see each other or ourselves.”

— Elizabeth Kubler-Ross & David Kessler

Life Lessons: Two Experts on Death & Dying Teach Us About the Mysteries of Life & Living

***When you stay in the present moment, how does your day change?
What do you find to be thankful for?***

*Seek the Lord and his strength;
seek his presence continually.*

—Psalm 105:4

Questions (noun)

: a subject or aspect open for discussion

“I may yet find the answer to all my questions in a church, a book, a theology, or a practice of prayer, but I hope not. I hope God is going to keep coming to me in authentically human beings who shake my foundations, freeing me to go deeper into the mystery of why we are all here.”

— Barbara Brown Taylor

Holy Envy: Finding God in the Faith of Others

***What questions have led you to a deeper understanding?
Give thanks for that growth.***

After three days they found Jesus in the temple, sitting among the teachers, listening to them and asking them questions.

—Luke 2:46

Renew (verb)

: to restore to freshness, vigor, or perfection

“When we work with love we renew the spirit; that renewal is an act of self-love, it nurtures our growth.”

—bell hooks

Where is renewal needed in your life or community? How can gratitude play a part in that renewal?

The Lord is my shepherd; I shall not want. God makes me lie down in green pastures, and leads me beside still waters; God restores my soul.

—Psalm 23:1-3

Stillness (adj)

: devoid or abstaining from motion

“Settle yourself in solitude and you will come upon God in yourself.”

—Teresa of Avila

For God alone my soul waits in silence, for my hope is from God.

—Psalm 62:5

Make room for stillness in your day, and name what you are thankful for.

Time (noun)

: the measured or measurable period during which an action, process, or condition exists or continues

“In Jesus, God did not call us to escape out of time and into God; rather God came to humanity in time. Time itself is made holy by the presence of God.”

—Dorothy C. Bass

Receiving the Day: Christian Practices for Opening the Gift of Time

What do you give thanks for in this time of your life?

So teach us to count our days that we may gain a wise heart.

—Psalm 90:12

Understanding (noun)

: the power of comprehending

“Only the development of compassion and understanding for others can bring us the tranquility and happiness we all seek.”

— Dalai Lama XIV

When has understanding lead to gratitude for you?

Your hands have made and fashioned me; give me understanding that I may learn your commandments.

—Psalm 119:73

Vocation (noun)

: a summons or strong inclination to a particular state or course of action

“The old and honorable idea of ‘vocation’ is simply that we each are called, by God, or by our gifts, or by our preference, to a kind of good work for which we are particularly fitted.”

—Wendell Berry

Sharing your gifts enriches our world.

What gift(s) are you thankful to be able to share?

You did not choose me, but I chose you. And I appointed you to could go and bear fruit, fruit that will last, so that the Father will give you whatever you ask in my name.

—John 15:16

Welcome (verb)

: to accept with pleasure the occurrence or presence of
: to greet hospitably and with courtesy or cordiality

“When it is most fully realized, hospitality not only welcomes strangers; it also recognizes their holiness. It sees in the stranger a person dear to and made in the image of God, someone bearing distinctive gifts that only they can bring.”

—Ana María Pineda

***When have you been thankful for being welcomed?
How can you extend welcome to others?***

“For I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me.”

—Matthew 25:35

Example (noun)

: one that serves as a pattern to be imitated

“Preach the Gospel at all times.
When necessary, use words.”

—attributed to St. Francis

Whose example are you thankful for? Can you tell them?

For I have set you an example, that you also should do as I have done to you.

—John 13:15

Youth (noun)

: the early period of existence, growth, or development

“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of the people you love. When you learn to tap this source, you will have truly defeated age.”
— Sophia Loren

Let no one despise your youth, but set the believers an example in speech and conduct, in love, in faith, in purity.
—1 Timothy 4:12

***What are you thankful for from your youth?
How is it still part of your life?***

Zeal (noun)

: eagerness and ardent interest in pursuit of something

“There is no passion to be found playing small—in settling for a life that is less than the one you are capable of living.”
— Nelson Mandela

Do not lag in zeal; be ardent in spirit; serve the Lord.
—Romans 12:11

How can your gratitude inspire you to bring your whole self to all you do?

Create Your Own Alphabet of Gratitude

Add one word or as many as you'd like to the letters below to create your own alphabet of gratitude. You can do it day by day, all at once or however the mood strikes you.

A

N

B

O

C

P

D

Q

E

R

F

S

G

T

H

U

I

V

J

W

K

X

L

Y

M

Z