

Gratitude Outline – Mike Baird

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Gratitude is a spiritual attribute

- Howard W Hunter
"One of the most esteemed spiritual attributes we can acquire in life is sincere gratitude. It enriches our lives as we, through this attribute, enrich the lives of others. If we have a thankful heart we will have the blessings that come from constant appreciation for the things done for us and the Lord's goodness." ("Teachings of Howard W Hunter", p. 93)

Attitude of Gratitude

- Ezra Taft Benson
" We need to be more grateful. I think there is no true character without gratitude. It is one of the marks of a real strong character to have a feeling of thanksgiving and gratitude for blessings. We need more of that spirit in our homes, in our daily associations, in the Church, everywhere. It doesn't cost anything, and it is so easy to cultivate." ("Teachings of Ezra Taft Benson", p. 364)
- Gordon B Hinckley
" Where there is gratitude, there is humility, as opposed to pride." ("Teachings of Gordon B Hinckley", p. 247)

Gratitude for those whom we lead or serve

- Gordon B Hinckley
" Although I should not have been, I was surprised at something President Kimball said on one occasion. I quote: "I find myself hungering and thirsting for just a word of appreciation or of honest evaluation from my superiors and my peers. I want no praise; I want no flattery; I am seeking only to know if what I gave was acceptable." (Teachings of Spencer W. Kimball, p. 489.)
If President Kimball needed a little of that, how much more do these of whom I speak this morning? Perhaps I can say in this company that on one occasion I received a great shock from my mission president. I was

his assistant at the time. Some of the Saints in the district had with tremendous effort put on a great program. I suggested to my mission president that we write a letter of thanks to these people for what they had done. His response was, "We do not thank people in the Church for doing their duty."

That was the only thing I ever disagreed with him about. I believe we should thank people. I think that thanks should be genuine and sincere, as it well can be when there is honest effort and dedicated service."

("Teachings of Gordon B Hinckley", p. 248)

Gratitude to God

- Luke 17:11-19

"And one of them, when he saw that he was healed, turned back, and with a loud voice glorified God, And fell down on his face at his feet, giving him thanks: and he was a Samaritan. And Jesus answering said, Were there not ten cleansed? but where are the nine?"

- Howard W Hunter

" Of the ten men who were healed, only one returned to express appreciation. This must have been a disappointment to the Master, but there are many who receive blessings, many who are endowed with good things in life, yet never take the time or go to the effort to show gratitude to the benefactor or express appreciation to God. Happiness and joy from blessings are never complete until there is a deep feeling of gratitude within oneself which moves an expression of appreciation. " ("Teachings of Howard W Hunter", p. 93)

- Gordon B Hinckley

" Gratitude is of the very essence of worship—thanksgiving to the God of Heaven, who has given us all that we have that is good." ("Teachings of Gordon B Hinckley", p. 250)

References

- Henry B. Eyring, "Remembrance and Gratitude," Ensign, Nov. 1989, 11