

11-20-14—Class #10 Gratitude

We believe that we are grateful. Don't you say those things in your prayers. Evaluate your heart. I'm not saying you aren't thankful, but I'm not sure you are living with a heart of gratitude. You are the ones who will take inventory of this. Most of the time we go through a very blessed life with a feeling...we just don't recognize it...we just aren't paying attention. It doesn't register the blessings we have. We start focusing on what we don't have instead of what we do have.

As we go through that life style we teach that ingratitude to our children. What happens when you ask your kids 'What they want for Christmas?'

Class member: I have been trying to change that question with my kids over the past few years. The last few years it's been, "I don't know, but this is what I want." This year they have only talked about what they want to make for their siblings and their grandparents. When I asked them what they wanted it was, "I need some pajamas." It's not about what they want.

[2 Timothy 3:2](#) –The condition of the world.

"For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy,"

President Faust "[Gratitude as a Savings Principle](#)" December 1996

"As gratitude is absent or disappears, rebellion often enters and fills the vacuum. I do not speak of rebellion against civil oppression. I refer to rebellion against moral cleanliness, beauty, decency, honesty, reverence, and respect for parental authority."

Something comes into it's place. Rebellion is a form on entitlement. It is the self-entitlement.

I have a lady I visit teach. She has a 22 year old son that lives with her that does nothing. She just lost her job. He was kicked out of his apartment and living with her. She has always tried to work. He hasn't even gone to look for a job. She said, I asked him to do the dishes. He said, "What am I the slave around here?" She was feeling guilty about that.

Do you see that his mother has supported him for over a year...fed, clothed, giving him a car, and a phone. The reason I bring this up is because when that gratitude leaves that is the kind of rebellion that comes instead.

You see it in the little things in your kids. If you are honest and open in yourself you will probably see it. Most of us slide in and out of that from time to time.

What do we teach our children? How do we teach that as a parent?

You want a drink? Say please and thank you.

Does saying "I'm sorry, create the heart of remorse?"

It is important to say please and thank you. That is being polite. That is not teaching them gratitude.

Gratitude is a commandment! It's not an option.

"It has been said that the sin of ingratitude is more serious than the sin of revenge. With revenge we return evil for evil, but with ingratitude we return evil for good."

D&C 136 (in Winter Quarters—they were sick, they had been run out and left with nothing, they set up camp across the river. They had nothing to keep them warm. They ran them out of their homes. They could only grab, what they can grab. Then cross a frozen river. No shelter...lean to's. People are dying. Babies are being born. Nightmare circumstances. Your prophet is not with you to give you the encouragement.) The Lord says to them....

[D&C 136:28-29](#) "If thou art merry, praise the Lord with singing, with music, with dancing, and with a prayer of praise and thanksgiving. If thou art sorrowful, call on the Lord thy God with supplication, that your souls may be joyful."

Can you imagine how many of them were merry?

Pray to be joyful in prayer of gratitude. If they prayed with Thanksgiving it empowered them. Does the Lord expect us to be grateful for him?

Class member: Maybe he knows it will be a downward slope that helps pull you out of that depression. It's a slippery slope down if you don't. My son the other day (he's 7). He has been having lots of questions about the Holy Ghost and being baptized. Please pray for those that are out in this cold. He is concerned for them. My husband and I decided that we need to show them how grateful they are. So for Thanksgiving this year we decided to take them to a shelter and donate some stuff. How can we help him recognize that he is grateful? I think not having that gratitude you can get discouraged

really fast. It can be dangerous for you and others around you. I have to remind myself that in my situation it could be worse.

The reason Heavenly Father has commanded us to be grateful is for our good. The benefit is for our soul.

[D&C 59:7](#) “Thou shalt thank the Lord thy God in all things.”

Conference talk Dallin H. Oaks “[Give Thanks in All Things](#)” ...not just the good things, but the opportunity to grow in hard things.

[D&C 59:21](#) “And in nothing doth man offend God, or against none is his wrath kindled, save those who confess not his hand in all things, and obey not his commandments.”

Have you ever thought you would like to be humble so you will practice being humble? I’m really going to work on charity and love other people. I’m really going to work on faith or prayer. You start working on it, but you are trying to will yourself into being humble or loving. You just can’t make it happen. To change your heart that way it doesn’t seem to last.

One reason is any positive virtue that you want to start to develop starts with gratitude. Gratitude is the foundation for all other virtues.

James E. Faust “[Gratitude as a Savings Principle](#)” April 1990

“A grateful heart is a beginning of greatness. It is an expression of humility. It is a foundation for the development of such virtues as prayer, faith, courage, contentment, happiness, love, and well-being.”

Think about someone that exemplifies the virtues you want to have? Is that person grateful? Those attributes are not separated from gratitude.

The gratitude invites the Spirit of the Atonement that enables you to develop those attributes. As we become grateful, gratitude and submissiveness go hand in hand. Then we are open to develop any attribute. We need to have the condition of the heart that is gratitude. You live in gratitude daily. It’s how you look at life.

Most of us are thankful for events. But it doesn’t mean we live in gratitude. Gratitude is counting your blessing at Winter Quarters, on the Cross, at Liberty Jail. We count the blessing and acknowledge and see the hand of God.

HOMEWORK: Expressing gratitude regularly can bring joy in our lives. Pray to have your heart made into a vessel overflowing with love. Act upon prayer by giving of yourself to one person each day. Gratitude is the key to love. I fasted for increased strength. (Relief Society Manual) "[The Magic of Gratitude](#)" March 1971 The fruits of gratitude were in our home.

If you want the fruits of gratitude you develop a grateful heart. It's the criticizing and entitlement that cause the contention. That love pours through.

How do you bring gratitude into your life?

Write down 3 things you are grateful for.

Thanksgiving is made up of 2 words. Giving is a verb... "To give" Let's turn it around. Look at one of the things you wrote down.

Ask yourself... "Because I am grateful for....I what will I do to give thanks for it?"

Food: Ask yourself...because I am grateful for food what will I do to give thanks for it? It might be that you go to the soup kitchen and help. You look in your ward and find an inactive or widow and invite them to your table. It could be anytime. What will you DO because of the blessing.

Scriptures: Because you are grateful for the scriptures what will you do to give thanks for them? Between now and Christmas I will read everyday in the New Testament about the life of Christ that I will receive him this Christmas.

It doesn't matter what you do, but if you want to develop a heart of gratitude. It's more than casual verbalization. I think between now and next Thursday if you found an island of time to have a prolonged prayer...but not just prayer...ponder time...worship moment. When Enos prayed all day and all night I think he had a prayer in his heart and was in constant communication, but not necessarily kneeling. I want you to ponder the things you are grateful for and you will feel when you have reached true gratitude.

When you start out you think you are grateful. I promise you as you go through that with real intent. I promise you will end up with the Savior and His Atonement. At that point you can be so overwhelmed with gratitude it will be almost more than you can handle. I challenge you to have that experience. Try to do it before Christmas. Maybe it is part of your fast on Fast Sunday.

I want you to experience that feeling of gratitude....true gratitude. You have to feel that before you can really teach your children what that is. That will be hard work. If you will do it most of you won't live there, but if you experience it your life will go there more often.

The more often we go there the more often we will live there. It just opens the door for us to that sanctuary.

This lesson goes back to "[Parenting Differently](#)"...you create the environment, but it's the Holy Ghost that brings that experience to your heart that you can feel the sacredness of gratitude because we have so much. As we are trying to create the environment that invites that experience you have done it.

Gratitude is never selfish. As you create this experience they begin to have that experience. As parents we need to create the environment where they can begin to experience this.

Pg 93 in Syllabus....

1. Avoid comparing with others.
2. Write a letter to someone that has had impact on you. We seldom really do it. It could be a parent, grandparent, neighbor, friend, teacher. It doesn't matter who it is. Someone needs that experience.

Story in the back of the syllabus...2 words that can change lives. It's about one of those letters. Read that then write your letter.

3. Do an act of service.
4. Develop a talent and share it. Stop minimizing your talents. You have been given a spiritual gift. You will become more grateful for what you have been given.
5. Thanksgiving day or Friday we made a chain from Thanksgiving until Christmas. Each child writes something they are grateful for. We would discuss what that item was in more depth.

My daughter got a little turkey. It was their thankful turkey. He would rotate into a different room in the house. Sometimes it was in the bathroom. It was some place everyday. That night in dinner they had to come up with as many things they could think of to be thankful for that night....hot water, showers, flushing toilets, mirror, toothbrushes. It's fun to help them see things and be grateful for little things.

Because you have been given much, much is expected from you.

One year I took all my children and grandchildren that were going to be with me on Christmas Eve. I gave them each \$10 and between that FHE lesson and Christmas Eve they had to take the \$10 and do an act of service. They had to report on it on Christmas Eve.

Homework: Read the talk by President Henry B Eyring...November 2007 "[O Remember, Remember](#)"

He felt prompted to keep it for his family. I never missed a day. Before I would write I would ponder this question, "Have I seen the hand of God reaching out to touch us, our children, or our family this day?" As I would cast my mind over the day I would see the things that happened during the day. Trying to remember had allowed God to show me what he has done. More than gratitude began to grow. Testimony grew. I felt more gratitude for the softening and refining that came from the Savior.

I recommend that you start with this experience the pondering, praying moment and then follow it with this. Do that every day. I promise you gratitude will grow. Your testimony will grow. Your understanding and love for the Atonement will grow.

I want you to know how grateful I am that I get to come and be with you each week. The love of being a mother (we will never be released from that). The wonderful part is they still need me. Maybe they need me more now than when they were little. It's that I can cheer them on when they have to do hard things. I do believe in them. Through that I can help them see how much Heavenly Father believes in them. I know the gospel is true. I love the Book of Mormon. I love the prophets. I love the New Testament. I love learning about his life. I love Him. I loved him in the Pre-existence when he offered to come and Atonement for our sins to sacrifice all and then live a perfect life so he could do that for us. He lived totally out. Always grateful for His Father. I know He lives! He hears and he answers our prayers. He cares about the little things. He cares about you driving home, your children having a nightmare. There is nothing so insignificant that he doesn't care. I am seeking to care about Him and keep him in the events of my life as much as I am in his thoughts.

Story: [Welcome Patrick Henry Hughes.](#)

I pray that through gratitude we can learn to dance thru the rain.