

"Gratitude is said to be the memory of the heart."

Pres. Joseph F. Smith



-List the blessings of being in our Family.

"Gratitude is our sweet acknowledgment of the Lord's hand in our lives. It is an expression of our faith."

Sis. Bonnie D. Parkin



-List the blessings of Health

"Gratitude opens our minds to a universe permeated with the richness of a living God."

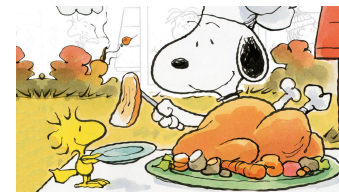
Sis. Bonnie D. Parkin



-List the blessings of the Gospel.

"The depth and the willingness with which we serve is a direct reflection of our gratitude."

Elder Gordon T. Watts



-List the blessings of your Calling/having Callings.

"We can lift ourselves and others when we cultivate within our hearts an attitude of gratitude."

Pres. Thomas S. Monson



-List the blessings of living in Southern California

"Joy and happiness are born of gratitude."

Elder Gordon T. Watts



-List the blessings of Prayer

“When you walk with gratitude, you do not walk with arrogance and conceit and egotism, you walk with a spirit of thanksgiving that is becoming to you and will bless your lives.”

Pres. Gordon B. Hinckley



-List the blessings of the Holy Ghost

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”



-List the blessings of your Talents

“O how you ought to thank your heavenly King!”

Mosiah 2:19



-List the blessings of the Atonement.

“To express gratitude is gracious and honorable, to enact gratitude is generous and noble, but to live with gratitude ever in our hearts is to touch heaven.”

Pres. Thomas S. Monson



-List the blessings of the Temple

“Thou shalt thank the Lord thy God in all things.”

D&C 59:7



-List the blessings of attending Church

“It is a good thing to give thanks unto the Lord...”

Psalm 92:1



-List the blessings of the Scriptures.

“Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. For the Lord is good; his mercy is everlasting; and his truth endureth to all generations.”

Psalms 100:4-5



-List all your Friends.

“O give thanks unto the Lord; for *he is* good: for his mercy *endureth* for ever.”

Psalms 136:1-3



-List the blessings of the Knowledge of a Living Prophet

“In every thing give thanks: for this is the will of God in Christ Jesus concerning you.”

1 Thess. 5:18



-List all the blessings of having a Body

“Behold, my beloved brethren, remember the words of your God; pray unto him continually by day, and give thanks unto his holy name by night. Let your hearts rejoice.”

2 Nephi 9:52



-List the blessings of Technology

“Blessed be the name of our God; let us sing to his praise, yea, let us give thanks to his holy name, for he doth work righteousness forever.”

Alma 26:8



-List the blessings of Good Music

“Offer unto God thanksgiving; and pay thy vows unto the most High.”

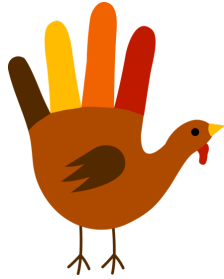
Psalms 50:14



-List the blessings of Exercise

“And now I would that ye should be humble, and be submissive and gentle; easy to be entreated; full of patience and long-suffering; being temperate in all things; being diligent in keeping the commandments of God at all times; asking for whatsoever things ye stand in need, both spiritual and temporal; always returning thanks unto God for whatsoever things ye do receive.”

Alma 7:23



-List the blessings of Modern Conveniences.

“Counsel with the Lord in all thy doings, and he will direct thee for good; yea, when thou liest down at night lie down unto the Lord, that he may watch over you in your sleep; and when thou risest in the morning let thy heart be full of thanks unto God; and if ye do these things, ye shall be lifted up at the last day.”

Alma 37:37



-List your Material Blessings

“O come, let us sing unto the Lord: let us make a joyful noise to the rock of our salvation. Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms. For the Lord is a great God, and a great King above all gods.

Psalm 95:1-3



-List the blessings of Work

“Sing unto the Lord with thanksgiving...”

Psalm 147:7



-List the blessings of the Sabbath

“THAT YE CONTEND NO MORE AGAINST THE HOLY GHOST, BUT THAT YE RECEIVE IT, AND TAKE UPON YOU THE NAME OF CHRIST; THAT YE HUMBLE YOURSELVES EVEN TO THE DUST, AND WORSHIP GOD, IN WHATSOEVER PLACE YE MAY BE IN, IN SPIRIT AND IN TRUTH; AND THAT YE LIVE IN THANKSGIVING DAILY, FOR THE MANY MERCIES AND BLESSINGS WHICH HE DOTHTH BESTOW UPON YOU.”

ALMA 34:38



-LIST THE BLESSINGS OF LIVING THE GOSPEL STANDARDS

“I would that ye should do in all holiness of heart, walking uprightly before me, considering the end of your salvation, doing all things with prayer and thanksgiving, that ye may not be seduced by evil spirits, or doctrines of devils, or the commandments of men; for some are of men, and others of devils.”

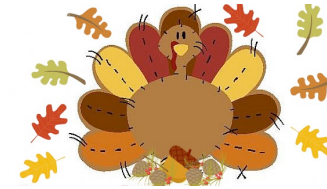
D&C 46:7



-List the blessings of your Gender

“And he who receiveth all things with thankfulness shall be made glorious; and the things of this earth shall be added unto him, even an hundred fold, yea, more.”

D&C 78:19



-List the blessings of having Family Home Evening

“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.”

D&C 136:28-29



-List the blessings of Traditions

“And ye must give thanks unto God in the Spirit for whatsoever blessing ye are blessed with.”

D&C 46:32



-List the blessings of Nature

“As ye have therefore received Christ Jesus the Lord, so walk ye in him: Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving.”

Col. 2:6-7



-List the blessings of Education

“LIVE WITH A SPIRIT OF THANKSGIVING AND YOU WILL HAVE GREATER HAPPINESS AND SATISFACTION IN LIFE. EVEN IN YOUR MOST DIFFICULT TIMES, YOU CAN FIND MUCH TO BE GRATEFUL FOR. DOING SO WILL STRENGTHEN AND BLESS YOU.”

FOR THE STRENGTH OF YOUTH



-LIST THE BLESSINGS OF LIGHT

“Gratitude may be increased by constantly reflecting on our blessings and giving thanks for them in our daily prayers.”

Elder Steven E. Snow



-List the blessings of Faith

