



Vision and Viewpoint

Joan Chittister

Let Us Give Thanks

Gratitude is not only the posture of praise but it is also the basic element of real belief in God.

When we bow our heads in gratitude, we acknowledge that the works of God are good. We recognize that we cannot, of ourselves, save ourselves. We proclaim that our existence and all its goods come not from our own devices but are part of the works of God. Gratitude is the alleluia to existence, the praise that thunders through the universe as tribute to the ongoing presence of God with us even now.

Thank you for the new day.

Thank you for this work.

Thank you for this family.

Thank you for our daily bread.

Thank you for this storm and the moisture it brings to a parched earth.

Thank you for the corrections that bring me to growth.

Thank you for the bank of crown vetch that brings color to the hillside.

Thank you for pets that bind us to nature.

Thank you for the necessities that keep me aware of your bounty in my life.

Without doubt, unstinting gratitude saves us from the sense of self-sufficiency that leads to forgetfulness of God. Let us learn to come to prayer with an alleluia heart—"Praise to you, O God. Let all creation sing your praise."

—from "[*The Breath of the Soul: Reflections on Prayer*](#)" by Joan Chittister
(Twenty-Third Publications)