

"THE CHOICE OF GRATITUDE"

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Daily Meditation, July 2, 2020
Henri Nouwen Society
<https://henrinouwen.org/resources/daily-meditation/>



GratITUDE...goes beyond the "mine" and "thine" and claims the truth that all of life is a pure gift. In the past I always thought of gratitude as a spontaneous response to the awareness of gifts received, but now I realize that gratitude can also be lived as a discipline. The discipline of gratitude is the explicit effort to acknowledge that all I am and have is given to me as a gift of love, a gift to be celebrated with joy.

GratITUDE as a discipline involves a conscious choice. I can choose to be grateful even when my emotions and feelings are still steeped in hurt and resentment. It is amazing how many occasions present themselves in which I can choose gratitude instead of a complaint...The choice for gratitude rarely comes without some real effort. But each time I make it, the next choice is a little easier, a little freer, a little less self-conscious...There is an Estonian proverb that says: "Who does not thank for little will not thank for much." Acts of gratitude make one grateful because, step by step, they reveal that all is grace.