

*It is not joy  
that makes  
us grateful;  
it is gratitude  
that makes us  
joyful.*

*-DAVID STEINDL-RAST*

*Lord teach us to open our eyes, look around us and notice all the people, events and memories for which we can be grateful.*

*Remind us to focus on the positives  
rather than the negatives in our lives.*

*Help us to see the trace of your loving and guiding hand  
in the pattern of our lives so far and to believe that you can write  
straight with lines that seem to us to be crooked.*

*My soul glorifies the Lord;  
He has been gracious to me.*