



O SON OF HIM THAT STOOD BY HIS OWN ENTITY IN THE KINGDOM OF HIS SELF! Know thou, that I have wafted unto thee all the fragrances of holiness, have fully revealed to thee My word, have perfected through thee My bounty and have desired for thee that which I have desired for My Self. Be then content with My pleasure and thankful unto Me.

그분 자신의 왕국에서 그분 자신의 실재 곁에서 계셨던 분의 아들이아!

내가 신성의 향기를 모두 너에게 풍겨 주었으며 나의 말을 너에게 충분히 계시하였고, 나의 혜택을 너를 통하여 완수했으며, 나 자신을 위해 바라던 바를 너를 위해 바랐음을 알아두어라. 그리하여 나의 기쁨으로 만족하고 나에게 감사하여라.

おお自身の王国にて自身の本質によりて立つ神の子よ！  
汝これを知れ、われ汝に聖なる芳香のすべてを送り、汝にわが言葉を完全に啓示し、汝を通じてわが恩恵(めぐみ)を完成し、われ自身のために欲せしものを汝のために欲せしことを。さればわが喜びに満足し、われに感謝せよ。

—Bahá'u'lláh

And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

— Colossians 3.17

He is God! How can we render Thee thanks, O Lord? Thy bounties are endless and our gratitude cannot equal them. How can the finite utter praise of the Infinite? Unable are we to voice our thanks for Thy favors and in utter powerlessness we turn wholly to Thy Kingdom beseeching the increase of Thy bestowals and bounties. Thou art the Giver, the Bestower, the Almighty.

— Abdu'l-Bahá

# Life of the Spirit



*Ponder ye in your hearts the grace and the blessings of God and render thanks unto Him at eventide and at dawn.*

—Bahá'u'lláh

Grieve not at the divine trials. Be not troubled because of hardships and ordeals; turn unto God, bowing in humbleness and praying to Him, while bearing every ordeal, contented under all conditions and thankful in every difficulty. Verily thy Lord loveth His maid-servants who are patient, believing and firm. He draws them nigh unto Him through these ordeals and trials.

— `Abdu'l-Bahá

If the only prayer you said in your whole life was, “thank you,” that would suffice.

— Meister Eckhart

My God, my Adored One, my King, my desire! What tongue can voice my thanks to Thee? I was heedless, Thou didst awaken me. I had turned back from Thee, Thou didst graciously aid me to turn towards Thee. I was as one dead, Thou didst quicken me with the water of life. I was withered, Thou didst revive me with the heavenly stream of Thine utterance which hath flowed forth from the Pen of the All-Merciful.

— Bahá'u'lláh

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity... It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.

— Melodie Beattie

The essence of charity is for the servant to recount the blessings of his Lord, and to render thanks unto Him at all times and under all conditions.

— Baha'u'llah

Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful.

— Buddha

...God has conferred upon man the gift of guidance, and in thankfulness for this great gift certain deeds must emanate from him. To express his gratitude for the favors of God man must show forth praiseworthy actions. In response to these bestowals he must render good deeds, be self-sacrificing, loving the servants of God, forfeiting even life for them, showing kindness to all the creatures. He must be severed from the world, attracted to the Kingdom of Abhá, the face radiant, the tongue eloquent, the ear attentive, striving day and night to attain the good pleasure of God. Whatsoever he wishes to do must be in harmony with the good pleasure of God. He must observe and see what is the will of God and act accordingly. There can be no doubt that such commendable deeds are thankfulness for the favors of God.

Physically and spiritually we are submerged in the sea of God's favor. .... These blessings are innumerable; no matter how many are mentioned, they are still endless. ...Every hour fresh bounties descend...

Therefore, in thanksgiving for them ye must act in accordance with the teachings of Bahá'u'lláh. Ye must read the Tablets—...—all the holy utterances, and act according to them. This is real thanksgiving, to live in accord with these utterances. This is true thankfulness and the divine bestowal. This is thanksgiving and glorification of God.

— `Abdu'l-Bahá

You must look to God, for He is the real Shepherd, and all humanity are His sheep. He loves them and loves them equally. As this is true, should the sheep quarrel among themselves? They should manifest gratitude and thankfulness to God, and the best way to thank God is to love one another.

— `Abdu'l-Bahá

Do you realize how much you should thank God for His blessings? If you should thank Him a thousand times with each breath, it would not be sufficient...

— Abdu'l-Bahá