

## ABCs of Salvatorian Life, Vol. II



### **GRATITUDE**

*So be grateful. I ask you at the end of the year to be grateful and to strive to be quite grateful your whole life long!*

[Father Jordan, *Jordan Talks*, 1897/12/31]

*I give you thanks, O LORD, with my whole heart; before the gods I sing your praise;  
I bow down toward your holy temple and give thanks to your name for your steadfast love  
and your faithfulness; for you have exalted your name and your word above everything.  
On the day I called, you answered me, you increased my strength of soul.*

[Psalm 138: 1-3]

---

You reawaken love, O Spring!  
You make the sprig of joy grow strong.  
As one tunes a musical string  
for sound, you attune us to a song  
of gratitude. Springtime, you assuage  
the griefs and cares of every age.

[Blessed Mary of the Apostles, "Spring" (1854), in *Poems by Therese*, p. 35]

Always give glory to God and thank Him at all times for the many gifts He has given to you, so unworthy. 31 May, 1906

[Father Jordan, *Spiritual Diary*, II/99]

Praise and thank God often wherever you may be, but especially when you see the work of His hands, even if only in brief words or feelings.

[Father Jordan, *Spiritual Diary*, I/98]

---

### **Reflection Starters**

- When have I found myself deeply grateful for someone or some experience in my life? How did this impact me at the time and how have I grown in my appreciation of that experience since?
- How have I consciously integrated expressions of gratitude into my personal prayer as well as my daily interaction with others? How might I do so more effectively?

---

### **For further reading and reflection:**

Blessed Mary of the Apostles, "Triple Alleluia." (This prayer is an adaptation of her words on the Easter Vigil 1900.) Available in Online SDS Library.