


Gratitude

(included 4 videos)



**What are
you thankful
for?**



**D & C 59:7. Thou shalt thank the Lord
thy God in all things**

**Why does God command us to
be grateful?**

**D & C 78: 19 And he who receiveth
all things with thankfulness shall be
made glorious; and the things of this
earth shall be added unto him, even
an hundred fold, yea, more.**

It is important to frequently “count our blessings”—and anyone who has tried this knows there are many—but I don’t believe the Lord expects us to be less thankful in times of trial than in times of abundance and ease. In fact, most of the scriptural references do not speak of gratitude for things but rather suggest an overall spirit or attitude of gratitude. It is easy to be grateful for things when life seems to be going our way. But what then of those times when what we wish for seems to be far out of reach? I’m suggesting that instead of being thankful for things, we focus on being thankful in our circumstances—whatever they may be. – Elder Uchtdorf





