

The Healing Power of Gratitude

Nov 15, 2023

Hymns

1. Hymn. 466

Dear Lord, lead me, day by day; / Make me holy, strong and wise. / Happy, most of all, to say, / All are perfect in Your eyes. /

REFRAIN / Praise to God, fount of love, / Praise from morn 'til the new day's birth; / Praise in church, praise at home, / Praise to God ev'rywhere on earth. /

Dear Lord, lead me day by day; / Your great love will end all strife. / Make me follow and obey / Faithfully the Word of Life. // REFRAIN / Now, with thankful trust, I sing / Joyous praises to one God, / And from upright hearts will spring / Deeds of love, here and abroad. // REFRAIN

2. Hymn. 374

We thank Thee and we bless Thee, / O Father of us all, / That e'en before we ask Thee / Thou hear'st Thy children's call. / We praise Thee for Thy goodness / And tender, constant care, / We thank Thee, Father-Mother, / That Thou hast heard our prayer. /

We thank Thee and we bless Thee, / O Lord of all above, / That now Thy children know Thee / As everlasting Love. / And Love is not the author / Of discord, pain and fear; / O Love divine, we thank Thee / That good alone is here. /

We thank Thee, Father-Mother, / For blessings, light and grace / Which bid mankind to waken / And see Thee face to face. / We thank Thee, when in anguish / We turn from sense to Soul, / That we may hear Thee calling: / Rejoice, for thou art whole.

3. Hymn. 3

A grateful heart a garden is, / Where there is always room / For every lovely, Godlike grace / To come to perfect bloom. /

A grateful heart a fortress is, / A staunch and rugged tower, / Where God's omnipotence, revealed, / Girds man with mighty power. /

A grateful heart a temple is, / A shrine so pure and white, / Where angels of His presence keep / Calm watch by day or night. /

Grant then, dear Father-Mother, God, / Whatever else befall, / This largess of a grateful heart / That loves and blesses all.

The Bible

1. John 11:1, 41–44 (to 1st ,)

Now a certain man was sick, named Lazarus, of Bethany, the town of Mary and her sister Martha. ...

Then they took away the stone from the place where the dead was laid. And Jesus lifted up his eyes, and said, Father, I thank thee that thou hast heard me. And I knew that thou hearest me always: but because of the people which stand by I said it, that they may believe that thou hast sent me. And when he thus had spoken, he cried with a loud voice, Lazarus, come forth. And he that was dead came forth, ...

2. Ps. 92:1–4

It is a good thing to give thanks unto the LORD, and to sing praises unto thy name, O most High: To shew forth thy lovingkindness in the morning, and thy faithfulness every night, Upon an instrument of ten strings, and upon the psaltery; upon the harp with a solemn sound. For thou, LORD, hast made me glad through thy work: I will triumph in the works of thy hands.

3. I Chron. 29:11–13

Thine, O LORD, is the greatness, and the power, and the glory, and the victory, and the majesty: for all that is in the heaven and in the earth is thine; thine is the kingdom, O LORD, and thou art exalted as head above all. Both riches and honour come of thee, and thou reignest over all; and in thine hand is power and might; and in thine hand it is to make great, and to give strength unto all. Now therefore, our God, we thank thee, and praise thy glorious name.

4. Luke 17:11–19

¶ And it came to pass, as he went to Jerusalem, that he passed through the midst of Samaria and Galilee. And as he entered into a certain village, there met him ten men that were lepers, which stood afar off: And they lifted up their voices, and said, Jesus, Master, have mercy on us. And when he saw them, he said unto them, Go shew yourselves unto the priests. And it came to pass, that, as they went, they were cleansed. And one of them, when he saw that he was healed, turned back, and with a loud voice glorified God, And fell down on his face at his feet, giving him thanks: and he was a Samaritan. And Jesus answering said, Were there not ten cleansed? but where are the nine? There are not found that returned to give glory to God, save this stranger. And he said unto him, Arise, go thy way: thy faith hath made thee whole.

5. Ps. 9:1, 2

I will praise thee, O LORD, with my whole heart; I will shew forth all thy marvellous works. I will be glad and rejoice in thee: I will sing praise to thy name, O thou most High.

6. John 6:1, 3, 5, 8, 9, 11–13

After these things Jesus went over the sea of Galilee, which is the sea of Tiberias. ...

And Jesus went up into a mountain, and there he sat with his disciples. ...

... ¶ When Jesus then lifted up his eyes, and saw a great company come unto him, he saith unto Philip, Whence shall we buy bread, that these may eat? ...

One of his disciples, Andrew, Simon Peter's brother, saith unto him, There is a lad here, which hath five barley loaves, and two small fishes: but what are they among so many? ...

And Jesus took the loaves; and when he had given thanks, he distributed to the disciples, and the disciples to them that were set down; and likewise of the fishes as much as they would. When they were filled, he said unto his disciples, Gather up the fragments that remain, that nothing be lost. Therefore they gathered them together, and filled twelve baskets with the fragments of the five barley loaves, which remained over and above unto them that had eaten.

7. I Chron. 16:8, 9

Give thanks unto the LORD, call upon his name, make known his deeds among the people. Sing unto him, sing psalms unto him, talk ye of all his wondrous works.

8. II Cor. 2:14

Now thanks be unto God, which always causeth us to triumph in Christ, and maketh manifest the savour of his knowledge by us in every place.

9. Eph. 1:15–17

Wherefore I also, after I heard of your faith in the Lord Jesus, and love unto all the saints, Cease not to give thanks for you, making mention of you in my prayers; That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him:

10. Eph. 5:15, 19, 20

See then that ye walk circumspectly, not as fools, but as wise, ...

Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ;

11. Acts 16:16–34 (NLT)

16 One day as we were going down to the place of prayer, we met a slave girl who had a spirit that enabled her to tell the future. She earned a lot of money for her masters by telling fortunes. 17 She followed Paul and the rest of us, shouting, “These men are servants of the Most High God, and they have come to tell you how to be saved.”

18 This went on day after day until Paul got so exasperated that he turned and said to the demon within her, “I command you in the name of Jesus Christ to come out of her.” And instantly it left her.

19 Her masters’ hopes of wealth were now shattered, so they grabbed Paul and Silas and dragged them before the authorities at the marketplace. 20 “The whole city is in an uproar because of these Jews!” they shouted to the city officials. 21 “They are teaching customs that are illegal for us Romans to practice.”

22 A mob quickly formed against Paul and Silas, and the city officials ordered them stripped and beaten with wooden rods. 23 They were severely beaten, and then they were thrown into prison. The jailer was ordered to make sure they didn’t escape. 24 So the jailer put them into the inner dungeon and clamped their feet in the stocks.

25 Around midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening. 26 Suddenly, there was a massive earthquake, and the prison was shaken to its foundations. All the doors immediately flew open, and the chains of every prisoner fell off! 27 The jailer woke up to see the prison doors wide open. He assumed the prisoners had escaped, so he drew his sword to kill himself. 28 But Paul shouted to him, “Stop! Don’t kill yourself! We are all here!”

29 The jailer called for lights and ran to the dungeon and fell down trembling before Paul and Silas. 30 Then he brought them out and asked, “Sirs, what must I do to be saved?”

31 They replied, “Believe in the Lord Jesus and you will be saved, along with everyone in your household.” 32 And they shared the word of the Lord with him and with all who lived in his household. 33 Even at that hour of the night, the jailer cared for them and washed their wounds. Then he and everyone in his household were immediately baptized. 34 He brought them into his house and set a meal before them, and he and his entire household rejoiced because they all believed in God.

12. Col. 3:12–15

Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. And above all these things put on charity, which is the bond of perfectness. And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.

13. I Thess. 5:16–18

Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

Science and Health with Key to the Scriptures by Mary Baker Eddy

1. SH 3:17–2

How empty are our conceptions of Deity! We admit theoretically that God is good, omnipotent, omnipresent, infinite, and then we try to give information to this infinite Mind. We plead for unmerited pardon and for a liberal outpouring of benefactions. Are we really grateful for the good already received? Then we shall avail ourselves of the blessings we have, and thus be fitted to receive more. Gratitude is much more than a verbal expression of thanks. Action expresses more gratitude than speech.

If we are ungrateful for Life, Truth, and Love, and yet return thanks to God for all blessings, we are insincere and incur the sharp censure our Master pronounces on hypocrites. In such a case, the only acceptable prayer is to put the finger on the lips and remember our blessings. While the heart is far from divine Truth and Love, we cannot conceal the ingratitude of barren lives.

2. SH 4:5–16

To keep the commandments of our Master and follow his example, is our proper debt to him and the only worthy evidence of our gratitude for all that he has done. Outward worship is not of itself sufficient to express loyal and heartfelt gratitude, since he has said: “If ye love me, keep my commandments.”

The habitual struggle to be always good is unceasing prayer. Its motives are made manifest in the blessings they bring, — blessings which, even if not acknowledged in audible words, attest our worthiness to be partakers of Love.

3. SH 15:25–30

Christians rejoice in secret beauty and bounty, hidden from the world, but known to God. Self-forgetfulness, purity, and affection are constant prayers. Practice not profession, understanding not belief, gain the ear and right hand of omnipotence and they assuredly call down infinite blessings.

4. SH 30:30–1

We cannot choose for ourselves, but must work out our salvation in the way Jesus taught. In meekness and might, he was found preaching the gospel to the poor.

5. SH 94:17

The progress of truth confirms its claims, and our Master confirmed his words by his works. His healing-power evoked denial, ingratitude, and betrayal, arising from sensuality. Of the ten lepers whom Jesus healed, but one returned to give God thanks, — that is, to acknowledge the divine Principle which had healed him.

6. SH 143:26–31

Mind is the grand creator, and there can be no power except that which is derived from Mind. If Mind was first chronologically, is first potentially, and must be first eternally, then give to Mind the glory, honor, dominion, and power everlastingly due its holy name.

7. SH 206:15

In the scientific relation of God to man, we find that whatever blesses one blesses all, as Jesus showed with the loaves and the fishes, — Spirit, not matter, being the source of supply.

8. SH 219:24–28

Those who are healed through metaphysical Science, not comprehending the Principle of the cure, may misunderstand it, and impute their recovery to change of air or diet, not rendering to God the honor due to Him alone.

9. SH 366:30–3; 367:10

If we would open their prison doors for the sick, we must first learn to bind up the broken-hearted. If we would heal by the Spirit, we must not hide the talent of spiritual healing under the napkin of its form, nor bury the morale of Christian Science in the grave-clothes of its letter. ...

This is what is meant by seeking Truth, Christ, not “for the loaves and fishes,” nor, like the Pharisee, with the arrogance of rank and display of scholarship, but like Mary Magdalene, from the summit of devout consecration, with the oil of gladness and the perfume of gratitude, with tears of repentance and with those hairs all numbered by the Father.

10. SH 400:9–11

Mortals obtain the harmony of health, only as they forsake discord, acknowledge the supremacy of divine Mind, and abandon their material beliefs.

11. SH 410:14–17

Every trial of our faith in God makes us stronger. The more difficult seems the material condition to be overcome by Spirit, the stronger should be our faith and the purer our love.

12. SH 239:16

To ascertain our progress, we must learn where our affections are placed and whom we acknowledge and obey as God. If divine Love is becoming nearer, dearer, and more real to us, matter is then submitting to Spirit. The objects we pursue and the spirit we manifest reveal our standpoint, and show what we are winning.

13. SH 3:25

Gratitude is much more than a verbal expression of thanks. Action expresses more gratitude than speech.