

FFWPU USA: Keeping Gratitude on the Table this Thanksgiving

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Wishing you and your loved ones a very happy Thanksgiving! It's a time-honored tradition that brings our feelings of gratitude into focus as we celebrate the holiday. Practicing gratitude is not only the key to inviting more joy into our lives, but studies show gratitude also helps us thrive, improving our physical and mental health, and our relationships.

True Parents lived with profound gratitude, notably teaching the importance of being thankful regardless of the circumstances. True Father shared the secret to unlocking and living in gratitude and how this feeling can transform our lives in his 1978 speech "[Let Us Be Grateful](#)," delivered in London. Below is an excerpt to keep in mind while practicing gratitude this Thanksgiving - and every day.

Speech excerpt:

No one planned to be born. We just find that we have been born. And although your parents gave birth to you, they couldn't plan what kind of personality their baby would have... Even if you could be born to your own specifications, that would probably have little to do with your satisfaction. There would still be many, many elements with which you would not be satisfied. The fact that we are alive and get tired and sleepy is a source of gratitude.

Have confidence because you come from God.

Whoever can feel grateful in the midst of impossible circumstances will find himself in the highest place. People walk in all different ways, each having unique characteristics. No two people walk exactly alike. Some people even walk as though they were swimming or trying to

catch something. Everyone may have somewhat similar features, but they all laugh differently and smile differently. Some people start smiling with their mouths while others smile with their eyes. There is no set standard for smiling. You set the standard of smiling for yourself.

Be content within yourself before you set out.

When you feel contentment within yourself then you will become very generous. From early morning to evening, see everyone in a positive way and never resent people. Then in the evening, you won't feel so tired but will even be inspired to speak to people more... When you feel good and then extend that to God, He will feel good, too. When you feel good and extend it to other people, they will likewise feel good. This is the true religious life... Each person should make it a custom with himself to be grateful for the many things that he has been taking for granted, thinking, "That exists solely for me, and if I don't appreciate it then it is all wasted, which is just not right." Wherever you go, feel grateful that these things exist for you. Even if it takes much conscious effort to understand, we have to learn this lesson of being grateful for every situation.

Starting today, lead a life of gratitude.

Then in your mind there is no cloud and you feel less tired and downcast. You will work more efficiently and even accomplish everything better than you plan. Becoming upset and angry hurts the religious life very much, damaging the peaceful inner life. You know it is only on the warm days that flowers bloom, not on the stormy, cold days. Likewise, our minds should create this warm climate in which to bloom. Those who never feel contentment or peace and gratitude in their minds can never help other people, let alone save them... If you can go over all difficult situations and still be thankful then you have nothing but success ahead of you.

I feel that if you could live a life like this for one full year, it would be the same as if you had prayed for three hours a day. After praying for that amount of time you become closer to receiving spiritual experiences. If you feel this way then it will be like a sunny day and the flowers will bloom in the warmth and everywhere there will be peace and contentment. You can become like this by your feelings...

There is a Korean saying that a harmonious family will always be successful. That means that if you have a happy, grateful life, never complaining, then everything that you do will bring nothing but success, health and agreement. When you are elated and laughing then you are opening yourself up and even your blood can become clean... You will get over any situation because God has been overcoming for many thousands of years. If you have that same feeling, then you can immediately surmount the problem... Let us be grateful in every situation.

You can learn more about True Father in his autobiography, *As a Peace-Loving Global Citizen*, available [here](#).