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Why Should I Be Grateful?

Do you have a pet peeve? Something that really bugs you? Maybe it's people who have private conversations on their cell phone in public places, or people not changing the toilet paper roll when it is empty, or the dreaded "bed-head."

Do you think the Lord has pet peeves? We think he might. Doctrine and Covenants 59:21 says, "And in nothing doth man offend God, or against none is his wrath kindled, save those who confess not his hand in all things, and obey not his commandments."

Two things that offend God the most, that really kindle his wrath, are ingratitude ("confess[ing] not his hand") and disobedience. That's bad news for some members of the Church because Joseph Smith said that

"one of the greatest sins of which the Latter-day Saints would be guilty is the sin of ingratitude."¹ Let's learn why we should be grateful so that we don't offend God and kindle his wrath.



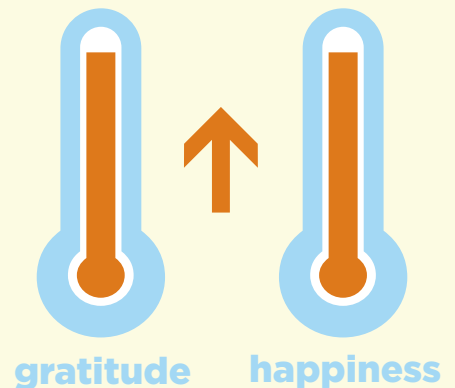
REASON NUMBER 3,243 TO BE GRATEFUL

You are not being chased by a lion. (Somebody, somewhere in the world, probably is!)



Counting Your Blessings—It's More Than Just a Song

You've heard the hymn "Count Your Blessings," but did you know studies show that literally counting your blessings increases your emotional health? In a scientific experiment, researchers had three different groups of people: one group wrote for twenty minutes each day about things they were grateful for; the second group wrote about things they were angry about; and the third group did nothing.² Guess which group was happiest? If you guessed the



first group, congratulations, keep reading this chapter. If not, go straight to the celestial kingdom and be grateful you're not going to outer darkness. (Just kidding, you can keep reading too).

Write a list of 100 things you are thankful for. Too many? Then try writing down:

- 10 living people you are grateful for.
- 10 people who have died you are grateful for.
- 10 physical abilities you are grateful for.
- 10 material possessions you are grateful for.
- 10 things about nature you are grateful for.
- 10 things about today you are grateful for.
- 10 places on earth you are grateful for.
- 10 modern-day inventions you are grateful for.
- 10 foods you are grateful for.
- 10 things about the gospel you are grateful for.

Guess what? A list of 100 blessings doesn't even begin to scratch the surface of all the things God has given you that you could possibly be grateful for.

**DO
TRY THIS
AT
HOME!**

Count 100 of Your Blessings

Elder Joseph B. Wirthlin said gratitude "is a quality I have found in every happy person I know."³ Think about that. Do you know any happy person who is *not* grateful?

He might be lacking some gratitude!



Being Grateful Leads to More Blessings

There are many blessings that come from being grateful for the good things we enjoy. *For the Strength of Youth* says, "Live with a spirit of thanksgiving and you will have greater happiness and satisfaction in life."⁴

REASON NUMBER 6,923 TO BE GRATEFUL

Some time in your life you have tasted chocolate. (Millions of people never have.)



Elder Wirthlin also taught that gratitude will make you "more likable and more at peace."⁵

The Lord himself promised, "He who receiveth all things with thankfulness shall be made glorious; and the things of this earth