

FFWPU USA: Happy Thanksgiving - Let Us Be Grateful In Every Situation

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Wishing you and your loved ones a very happy Thanksgiving! This holiday, observed November 23, stands as one of the nation's most anticipated and beloved days - urging all of us to be grateful for the blessings in our lives.

True Parents lived with profound gratitude, notably teaching the importance of being thankful for all things. In True Father's 1978 speech, "Let Us Be Grateful," he shared the secret to unlocking and living in gratitude each day. Below is an excerpt to keep in mind as we practice gratitude this holiday season and beyond.

Speech excerpt:

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. 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 ... If you have a happy, grateful life, never complaining, then everything that you do will bring nothing but success, health, and agreement ... Let us be grateful in every situation.

You can learn more about the history and tradition of Thanksgiving [here](#).