

Episode 9

Music with a Message

GRATITUDE

[BEGIN MUSIC]

NARRATOR: Gratitude is a feeling of appreciation and thankfulness for blessings or benefits we have received. As we cultivate a grateful attitude we are more likely to be happy and spiritually strong. We should regularly express our gratitude to God for the blessings He gives us and to others for the kind acts they do for us. The Lord has promised, "He who receiveth all things with thankfulness shall be made glorious" [D&C 78:19]. Gratitude is an uplifting, exalting attitude. People are generally happier when they have gratitude in their hearts. We cannot be bitter, resentful, or mean-spirited when we are grateful.

We should be thankful for the wonderful blessings that are ours and for the tremendous opportunities that we have. We can be thankful to our parents, family, friends and teachers. We should express appreciation to everyone who has assisted us in any way. We should thank our Heavenly Father for His goodness to us by acknowledging His hand in all things, thanking Him for all he gives us, keeping His commandments, and serving others. We should especially thank Him for His Beloved Son, Jesus Christ, for the Savior's great example, for His teachings, for His outreaching hand to lift and help, for His infinite Atonement. Kenneth Cope sings, "Because I Have Been Given Much" from his "A Prayer Unto Thee" album.

SONG: Kenneth Cope, "Because I Have Been Given Much"
ALBUM: "A Prayer Unto Thee"

NARRATOR: To the Lord Jesus, who bought us with a great price, we owe an undying debt of gratitude. It is impossible for us, weak mortals as we are, to fully comprehend and appreciate the suffering He endured on the cross so that He might gain, for us, victory over death. And even less can we understand the suffering He endured in Gethsemane so that we might obtain forgiveness of our sins, "Which suffering" he said, "caused myself, even God, the greatest of all, to tremble because of pain, and to bleed at every pore, and to suffer both body and spirit, and would that I might not drink the bitter cup and shrink" [D&C 19:18]. The BYU Singers perform, "I Stand All Amazed" from "We Sing of Christ".

SONG: The BYU Singers, "I Stand All Amazed"
ALBUM: "We Sing of Christ"

NARRATOR: It is human nature, I suppose, to seek elsewhere for our happiness. Pursuit of career goals, wealth, and material rewards can cloud our perspective, and often leads to a lack of appreciation for the bounteous blessings of our present circumstances. An old proverb states, "The greater wealth is content with the little." In his letter to the Philippians, Paul wrote, "Not that I speak in respect of want, for I have learned, in whatsoever state I am, therewith to be content" [Philip. 4:11]. Katie Thompson sings, "What I Need" from the Michael McLean album, "Tender Mercies".

SONG: Katie Thompson, "What I Need"
ALBUM: Michael McLean, "Tender Mercies"

NARRATOR: We owe an eternal debt of gratitude to all those, past and present, who have given so much of themselves that we might have so much ourselves. Rick Logan sings, "All For You" from "The Other Side of Sorrow."

SONG: Rick Logan, "All For You"
ALBUM: "The Other Side of Sorrow"

NARRATOR: The Lord has said, "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" [D&C 59:21]. It is clear to me from this scripture, that to "thank the Lord thy God in all things" [D&C 59:7] is more than just a social courtesy, it is a binding commandment.

SONG: Hilary Weeks, "Unwritten"
ALBUM: "Day of Praise"

NARRATOR: How can we pay our debt of gratitude for the heritage of faith demonstrated by pioneers in many lands across the earth who struggled and sacrificed so that the Gospel might take root. How is thankfulness expressed for the intrepid handcart pioneers, who, by their own brute strength, pulled their meager belongings in handcarts across the scorching plains and through the snows of high mountain passes to escape persecution and find peaceful worship in Utah's valleys? Sam Payne, Nancy Hansen, Tammy Robinson, and Clive Romney sing "Don't Let Them Be Forgotten" from "The Ghosts of Gardner Village."

SONG: "Don't Let Them Be Forgotten" By Sam Payne, Nancy Hansen, Tammy Robinson, and Clive Romney.
ALBUM: "The Ghosts of Gardner Village."

NARRATOR: We often take for granted the beauty of this world. Those who live in thanksgiving daily, however, have a way of opening their eyes and seeing the wonders of beauties of this world as though seeing them for the first time. I encourage you to look around you. Notice the people you care about. Notice the fragrance of the flowers and the song of the birds. Notice and give thanks for the blue of the sky, the color of the leaves, and the white of the clouds. Enjoy every sight, every smell, every taste, every sound. When we open

our eyes and give thanks for the bountiful beauty of this life, we live in thanksgiving daily. Julie de Azevedo sings "Simple Things" from "State of the Heart."

SONG: "Simple Things" by Julie de Azevedo.

ALBUM: "State of the Heart"

[END MUSIC]