
EXTEND GRATITUDE

Toward everyone and everything. Everywhere and always.

15 December 2025
www.spibr.org/gratitude.pdf

Gratitude is an all-powerful, always-present and everywhere-available tool. It connects us. It transforms us, individually and collectively. And, it changes the world.

How will you be using gratitude in your world today?

LOVE AND GRATITUDE

Love and gratitude are two aspects of the same reality. Love is the omnipotent and omnipresent force of the Universe that created everything and compels us all to grow – to return to our true Self and to return Home.

Gratitude is the recognition and acknowledgement of Love's presence in our relationships – and Love is *always* there. We are all always "in love". And, Love loves being loved – it is grateful to receive loving expressions.

DIRECT CONNECTION

When gratitude is immediately expressed, in an authentic and heart-felt manner, it makes a direct connection. Such expressions enthuse¹ both giver and receiver. Gratitude creates a direct bridge between the human and divine. It forms a holy relationship with God² – within and without. That relationship transforms the challenges we face in life into blessings (lessons).

*What seemed once to be a special problem,
a mistake without a remedy,
or an affliction without a cure,
has been transformed into a universal blessing.*
- ACIM (A Course in Miracles) T-26.II.7.5

Such miracles are wrought by a direct relationship with God (within and without), established via gratitude.

A CHILD'S GRATITUDE

One of the most joy-filled moments in my life has been when one of my children has said, "I am so grateful that you are my father." When that happened, I felt compelled to grab my wallet and start giving them \$20 bills; I wanted to somehow reciprocate the gift they had given me. If that is the way I feel, as an earthly father, how must God feel when we express immediate, authentic and heart-felt gratitude toward Him?

GRATEFUL TO MYSELF

I need to extend gratitude toward myself, not in a narcissistic manner (I am better than everyone else) but in a holistic manner, grounded in oneness (we are *all* great). This is a form of self-love.

ETERNALLY GRATEFUL

In addition to being grateful for what's happening in the present moment, or being grateful for the journey that brought me to where I am today, I would do well to be grateful for future events. Can I look into an

¹ Enthuse: derived from the Greek word "entheos", meaning to have a god within or to be divinely inspired.

² I am not at all interested in promoting the personification of deity (God, Love, the Universe, Higher Power, et.al.). However, using the word "God" is a common practice in the western world today, and it is a three-letter word (it's short).

unknown future and say "Thank you"? Can I be grateful, as I consciously "walk naked into the land of uncertainty"?³

GRATEFUL IN THE SHIT

It is relatively easy to look into the past and see how seemingly negative events eventually worked out to my benefit. How about when I am in the *middle* of a horrible event? Can I be grateful in that very moment?

*"You have been told that
everything brings good that comes from God.
And yet it seems as if this is not so.
Good in disaster's form is difficult to credit in advance."
- ACIM T-26.VIII.6.6-8*

When I am in a seemingly disastrous situations, did that situation *not* come from God? Elsewhere in ACIM it says that everything *does* come from God (T-9.III.8.1). Therefore, even a seemingly disastrous situation is actually a "good" thing. How can I see that? Maybe that event has been sent to me in order to help me refine my gratitude-extending skills. Maybe it has come into my life to teach me new and invaluable lessons – it brings me gifts. Maybe I actually *called* those situations into my life, for my own progress in this earthly realm.

LOVE THE WORLD

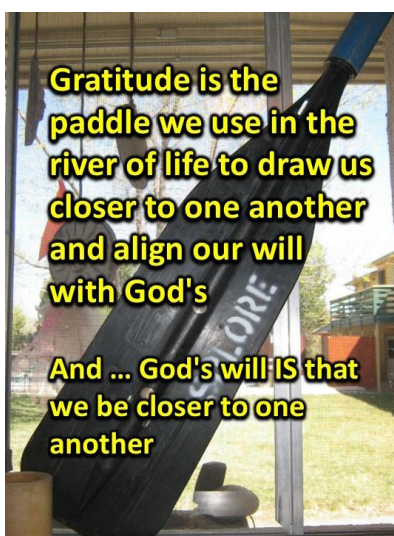
We obviously need to be grateful for the beauty and abundance of our planet. But we also need to be grateful for all of the problems in the world today. Those seeming "problems" are here to teach humanity how to create a better world. They bring lessons to the collective, that we can be grateful for.

CHANGE THE WORLD

The world mirrors back to us the state of our collective consciousness⁴ – our collective gratitude toward it. It desperately needs to feel our gratitude toward it. As I see it, this needs to be our daily work – Love it, as it is.

CONNECT

Gratitude deepens relationship, with our true Self, others and God. And ... there is only One Relationship!



³ From [Change the World: how ordinary people can accomplish extraordinary results](#) by Robert E. Quinn.

⁴ "The world is the mirror of humanity's collective consciousness." (ACIM T-21.in.1.2,5 – paraphrased)