

# TORAH EXCERPTS ON GRATITUDE

Culled by Rus Devorah Wallen, LCSW, ACSW

- *As the Torah (Deuteronomy 26:11) states, "Rejoice with all the good the Almighty has given you."*
- *Who is rich? One who is satisfied with his lot. – Ethics of the Fathers, 4:1*
- *There is one who appears rich but has nothing; one who appears poor but has great wealth. (Proverbs 13:7)*
- *Talmud, Menochos, 43b states: "Rabbi Meir said, 'A person is obligated to bless 100 blessing every day, as the Torah says: 'Now Israel, what does God ask from you, but only to fear Hashem your God, to go in all His ways, and to love Him, and to serve Hashem your God, with all of your heart and with all of your soul. To guard the commands of Hashem and His statutes which I command you today, for your good.'" (Deuteronomy, 10:12,13)*
- *Where in his quoted verse does Rabbi Meir derive the obligation to bless 100 blessings each day? The Rabbis explain, that the word "what" ("mah" in Hebrew) is to be read not "mah", but "me'ah" = 100.*
- *"How can I ever repay G-d for all the bounties I have received?" (Psalms, 116:12)*
- *The (Lubavitcher) Rebbe once wrote to someone in a letter. "A birthday is the date that G-d decided that the world cannot exist without you."*
- *One of the Ten Commandments is, "Honor your father and mother." How are we to do this? By expressing gratitude to our parents for bringing us into this world. (Sefer HaChinuch – 13<sup>th</sup> century)*
- *Ingratitude to man is ingratitude to God. (Shmuel HaNagid)*
- *Maimonides declares: "When a person contemplates God's great and wondrous works and obtains a glimpse of God's incomparable and infinite wisdom, he will straightway love and glorify him, and long to know his great name, even as David said: My whole being longs for God, the living God" (Yesodei ha-Torah, 2:2). Rabbi Samson Raphael Hirsch states: "To love God means to realize that life has value only through God. We love God by loving the Torah and meeting its commands. There should be nothing dearer to us than the faithfulness which we owe to our God."*
- *Lack of gratitude is at the root of discontent. In order to be consistently serene, we must master the attribute of being grateful to the Creator for all His gifts. As the Torah (Deuteronomy 26:11) states, "Rejoice with all the good the Almighty has given you." This does not negate our wanting more. But it does mean that we have a constant feeling of gratitude since as long as we are alive, we always have a list of things for which to be grateful. (Serenity, p. 60, Rabbi Zelig Pliskin)*
- *"A person is obligated to bless G-d for the bad just as he blesses Him for the good, as it is written: 'And you shall love the Lord your G-d with all your heart, with all your soul, and with all your might.'" (Talmud, B'rochos 54)*
- *R. Solomon ibn Gabirol (Spanish Rabbi, Jewish philosopher, poet (c. 1021-1058)) took this a step further: "No one is poorer than one who is not satisfied with his lot." (Mivchar Hapnimim 46):*