

# **Bet Am Shalom**

# **GRATITUDE GUIDE**

*Hakarat Hatov* הַפְּרַת הַטוֹב

**Recognizing the Good**

**As a family fill this page with pictures and words that express your feelings of gratitude.**

## Gratitude Quotes

### Quotes from *Jewish Spiritual Parenting*, chapter 6

- Teaching our children how to be grateful at the beginning and end of the day guides them to become spiritually grounded, ethically focused, holy living citizens of the world.
- Saying Shehecheyanu with our children empowered their Jewish spiritual growth as we raised up the ordinary and expressed gratitude for it.
- Rabbi Ben Zoma said, “Who is rich? The one who appreciates what s/he has.” Pirke Avot 4:1
- To be a Jew means to wake up and to keep your eyes open to the many beautiful, mysterious, and holy things that happen all around us every day. --Rabbi Lawrence Kushner
- It is gratefulness which makes the soul great. --Rabbi Abraham Joshua Heschel
- This is one of the goals of the Jewish way of living: to experience commonplace deeds as spiritual adventures, to feel the hidden love and wisdom in all things. --Rabbi Abraham Joshua Heschel

### Additional Quotes

- In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. People feel and express gratitude in multiple ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes), and the future (maintaining a hopeful and optimistic attitude). Regardless of the inherent or current level of someone's gratitude, it's a quality that individuals can successfully cultivate further. <https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>
- The Hasidic teacher Rebbe Nachman of Breslov writes, “Gratitude rejoices with her sister joy and is always ready to light a candle and have a party. Gratitude doesn't much like the old cronies of boredom, despair and taking life for granted.” <http://media.mussarinstitute.org/SoM/week5/Gratitude.pdf>
- When Leah, wife of the patriarch Jacob, had her fourth child, she named him “Yehudah,” which means “I am grateful,” to reflect her gratitude to God for the gift of another son. The name Yehudah is the source of the Hebrew name of the Jewish people (Yehudim), revealing the very direct tie between Judaism and gratitude. <http://media.mussarinstitute.org/SoM/week5/Gratitude.pdf>

### Steps to Practicing Gratitude from *Becoming a Soulful Educator* by Aryeh Ben David

- On the “gratitude meter” of 1-10, how often do you express gratitude, with one being the most often?
- If you expressed gratitude more often, what would be different in your life?
- What do you think is holding you back from expressing gratitude more often? What are specific obstacles you would like to work on?
- What piece of very practical advice could you give yourself to help you take a small step in becoming more aware and thankful for the gifts in your life?

# Blessings of Gratitude

Blessings Apps: Daily Blessings (CCAR) and Sanctifull

These blessings start with:

*Barukh atah adonai eloheinu melech ha'olam* בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

and end with:

FOOD BLESSINGS		
Bread	<i>hamotzi lechem min ha'aretz.</i>	הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.
Fruit that grows on a vine (wine, grape juice)	<i>borei p'rei ha-gafen.</i>	בוֹרֵא פְּרֵי הַגֶּפֶן.
Fruit that grows on a tree	<i>borei p'rei ha-etz.</i>	בוֹרֵא פְּרֵי הָעֵץ.
Food that grows on/in the ground	<i>borei p'rei ha-adamah.</i>	בוֹרֵא פְּרֵי הָאֲדָמָה.
Cookies, cake, pretzels, pasta, doughnuts, cupcakes	<i>borei minei m'zonot.</i>	בוֹרֵא מֵינֵי מְזוֹנוֹת.
Other foods not mentioned above	<i>she-hakol ni'he-yeh bid'varo.</i>	שֶׁהַכֹּל נִהְיֶה בְּדַבְּרוֹ.
NATURE BLESSINGS		
Seeing a rainbow	<i>zokher ha-brit v'ne'eman bi-v'rito v'kayam b'ma'amaro.</i>	זוֹכֵר הַבְּרִית וְנֶאֱמַן בְּבְרִיתוֹ וְקַיָּם בְּמֵאֲמָרוֹ.
Wonders of nature: lightning, high mountains, sunrise...	<i>oseh ma'aseh v'reshit.</i>	עוֹשֶׂה מַעֲשֵׂה בְּרֵאשִׁית.
Seeing the ocean	<i>she-aseh et-ha-yam ha-gadol.</i>	שֶׁעָשָׂה אֶת-הַיָּם הַגָּדוֹל.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקַיָּמְנוּ וְהִגִּיעְנוּ לַזְּמַן הַזֶּה.

*Baruch atah adonai eloheinu melech ha-olam, shehecheyanu, v'key-y'manu, v'higi-anu, lazman hazeh.*

Blessed are you, Eternal One, the sovereign of all worlds, who gave us life, and kept us strong, and brought us to this time.

The Shehecheyanu is said for first-time events this year, births, birthdays, learning a new skill, buying something new, trying a new food, losing your first tooth, first day of school, first sports game, new leadership position, first night of Jewish holidays like Chanukah...

מִוֹדָה/מוֹדָה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיָּם שֶׁהַחַיִּזְרָתָ בִּי נִשְׁמַתִּי בְּחֶמְלָה רַבָּה אֱמוּנָתְךָ:

*Modeh ani (females say Modah ani) l'fanecha melech chai v'kayam shehechezarta bi nishamti b'chemlah rabah emunatecha.*

I am thankful before You, CONTINUOUS RULER OF LIFE, for You have returned my soul to me in mercy. Great is your faith!

The Modeh Ani is said upon waking to express gratitude for a new day. You can add what you are specifically grateful for each morning, what you are looking forward to that day...

I am grateful for:	I can help others have this by:

One action we can do in the next month as a family to help others have what we have is:

**Try This:** Start a gratitude journal and set aside time daily or weekly to write or draw three things for which you are grateful. Families can share these things at family dinners or at bedtime...