

## *Gratitude*

blood of Christ, which is in the covenant of the Father unto the remission of your sins, that ye become holy, without spot" (Moroni 10:32–33).

### Receiving Grace throughout Your Life

In addition to needing grace for your ultimate salvation, you need this enabling power every day of your life. As you draw near to your Heavenly Father in diligence, humility, and meekness, He will uplift and strengthen you through His grace (see Proverbs 3:34; 1 Peter 5:5; D&C 88:78; 106:7–8). Reliance upon His grace enables you to progress and grow in righteousness. Jesus Himself "received not of the fulness at first, but continued from grace to grace, until he received a fulness" (D&C 93:13). Grace enables you to help build God's kingdom, a service you cannot give through your strength or means alone (see John 15:5; Philippians 4:13; Hebrews 12:28; Jacob 4:6–7).

If you ever become discouraged or feel too weak to continue living the gospel, remember the strength you can receive through the enabling power of grace. You can find comfort and assurance in these words of the Lord: "My grace is sufficient for all men that humble themselves before me; for if they humble themselves before me, and have faith in me, then will I make weak things become strong unto them" (Ether 12:27).

Additional references: Acts 15:11; Romans 5:2; 2 Nephi 10:24; 11:5

*See also* Atonement of Jesus Christ; Resurrection; Salvation

## **Gratitude**

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. You can probably say from experience that you are happier when you have

gratitude in your heart. You cannot be bitter, resentful, or mean-spirited when you are grateful.

Be thankful for the wonderful blessings that are yours. Be grateful for the tremendous opportunities you have. Be thankful to your parents. Let them know of your gratitude. Thank your friends and your teachers. Express appreciation to everyone who does you a favor or assists you in any way.

Thank your Heavenly Father for His goodness to you. You can express your gratitude to God by acknowledging His hand in all things, thanking Him for all that He gives you, keeping His commandments, and serving others. Thank Him for His Beloved Son, Jesus Christ. Express thanks for the Savior's great example, for His teachings, for His out-reaching hand to lift and help, for His infinite Atonement.

Thank the Lord for His restored Church. Thank Him for all that it offers you. Thank Him for friends and family. Let a spirit of thanksgiving guide and bless your days and nights. Work at being grateful. You will find that it yields wonderful results.

Additional references: Psalm 100:3–4; Luke 17:11–19; Mosiah 2:19–22; Alma 34:38; D&C 59:7

## **Happiness**

Testifying of God's "eternal purposes," the prophet Lehi taught, "Men are, that they might have joy" (2 Nephi 2:15, 25).

Heavenly Father desires that we find true, lasting happiness. Our happiness is the design of all the blessings He gives us—gospel teachings, commandments, priesthood ordinances, family relationships, prophets, temples, the beauties of creation, and even the opportunity to experience adversity. His plan for our salvation is often called "the great plan of happiness" (Alma 42:8). He sent His Beloved Son to carry out the Atonement so we can be happy in this life and receive a fulness of joy in the eternities.

Many people try to find happiness and fulfillment in activities that are contrary to the Lord's commandments.