

Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus.

1 Thessalonians  
5:16-18  
Christianity

This food is the gift of the whole universe—the earth, the sky, and much hard work.  
May we live in a way that makes us worthy to receive it.  
May we transform our unskillful states of mind, especially our greed.  
May we take only foods that nourish us and prevent illness.  
We accept this food so that we may realize the path of practice.

The Five Contemplations  
Thich Nhat Hanh  
Buddhism

O you who believe!  
Eat of the good things that We have provided for you, and be grateful to God, if it is Him that you worship

Qur'an 2.172  
Islam

an interfaith guide  
to  
**Gratitude**

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I am grateful for...

Earth, Sky,  
Heaven,  
we meditate on the  
lovely splendor of the  
Divine Sun.  
May he inspire our minds.

Gayatri Mantra  
Hinduism

דה אני לפניך מלך חי וקיים שהחזרת בי נשמתי בחמלה.  
רבה אמונתך

I thank you, living and enduring king, for You have graciously returned my soul within me.  
Great is your faithfulness.

Modeh Ani  
Jewish Morning Prayer