

# Gratitude is a Jewish Value Source Sheet | Melissa Frey, Purdue Hillel

A simple, effective and traditional way to practice gratitude is by making giving thanks part of your everyday life. For example, it is an established Jewish practice to recite 100 such blessings a day. The term for "blessing" in Hebrew is b'racha, which comes from the same root as the word for "knee." When you say a blessing, it is as if you have bent your knee in an act of gratitude. The habit of saying blessings can remind you to be thankful when you hit a green light, or the salad is fresh, or the garden is getting the rain it needs, or your freinds came home from school as usual.

*There is a beautiful Jewish practice that, done daily, is life-transforming.*

*The first words we say upon wakening are  
Modeh Ani Li'fanecha,  
I thank you, living and eternal God.*

*We thank, before we think.*

*Rabbi Lord Jonathan Sacks*

Who is rich?  
Those who rejoice in their own portion.  
Pirke Avot 4:1

**grat · i · tude**  
noun.  
the quality of being thankful;  
a readiness to show appreciation for and to return kindness .

החזקת טובה

Hachzokat Tova

comes from

the root

חזק

which also

means

strength.

Figlet noticed that even though he had a Very Small Heart, it could hold a rather large amount of

*Gratitude.*

A.A. Milne



*One rabbi pointed out that the very word "Jew" comes from the tribe of Judah, and Judah's name is derived from Yehudah, which means "thanksgiving." Judah's mom, Leah, gave him that name, since she wanted to express her thanks to God. With her previous boys she'd focused instead on how their births might help her win the love of her husband, Jacob.*

*"When I force myself to utter the awkward phrase, "I am grateful," I actually start to feel a bit more grateful...It's basic cognitive behavioral therapy: Behave in a certain way, and your mind will eventually catch up with your actions."*

A.J. Jacobs

From the bestselling author of *The Year of Living Biblically*

A.J. JACOBS

**THANKS  
— A —  
THOUSAND**



A GRATITUDE JOURNEY TED