

Verses About Gratitude

For retraining attention. Use it alongside a written practice: read the verse in the morning, write three specific things at night.

14:7

Your Lord has decreed: "The more you thank Me, the more I give you." But if you turn unappreciative, then My retribution is severe.

2:152

You shall remember Me, that I may remember you, and be thankful to Me; do not be unappreciative.

16:18

If you count GOD's blessings, you cannot possibly encompass them. GOD is Forgiver, Most Merciful.

16:53

Any blessing you enjoy is from GOD. Yet, whenever you incur any adversity you immediately complain to Him.

7:10

We have established you on earth, and we have provided for you the means of support therein. Rarely are you appreciative.

31:12

We have endowed Luqmān with wisdom: "You shall be appreciative of GOD." Whoever is appreciative is appreciative for his own good. As for those who turn unappreciative, GOD is in no need, Praiseworthy.

34:13

They made for him anything he wanted—niches, statues, deep pools, and heavy cooking pots. O family of David, work (righteousness) to show your appreciation. Only a few of My servants are appreciative.

27:40

The one who possessed knowledge from the book said, "I can bring it to you in the blink of your eye." When he saw it settled in front of him, he said, "This is a blessing from my Lord, whereby He tests me, to show whether I am appreciative or unappreciative. Whoever is appreciative is appreciative for his own good, and if one turns unappreciative, then my Lord is in no need for him, Most Honorable."

76:3

We showed him the two paths, then, he is either appreciative, or unappreciative.

2:172

O you who believe, eat from the good things we provided for you, and be thankful to GOD, if you do worship Him alone.

This is a collection, not a summary. Every verse here is worth reading in its own place, with the verses on either side of it. A collection that stops someone doing that has done more harm than good.