

Epicurean substitute for prayer

Post by “Mathitis Kipouros” of August 26, 2020 at 8:55 AM

“I don't have any specific saying of Epicurus or Lucretius right now, but one option might be focusing on gratitude. What are you most thankful for today? Or come up with a rote litany like a prayer: I'm thankful for ... And... And...”

The thing with gratitude is, as I understand it, that someone has to be the object of your gratitude, because you're grateful that he/she has been willingly good to you, and thus you recognize this good will. Being grateful to nature or some other non human thing would have to imply endowing them with the ability to will something unto us; please share a different point of view about gratitude if you can.

So When we tried this gratitude prayers we focused on being grateful to mom and dad for whatever (which seemed rather boastful since he's not coming up with these thoughts 🤔) and to his kinder teacher and to his grandparents and such...