


# Weaving faith into everyday life through the value of...**GRATITUDE**

## Wonder: Get Curious About GRATITUDE

This month, we are practicing gratitude: noticing God's faithfulness and expressing thanks. Take turns naming a person, a place, and a thing for which you are grateful—and share why. I wonder how saying thank you draws us closer to God and to one another?

## Connecting Faith with GRATITUDE

Engage your whole self as you read **Psalm 100** aloud twice: emphasizing the verbs the first time through and acting out those words on the second reading.

**Shout** triumphantly to the Lord, all the earth! **Serve** the Lord with celebration! **Come** before him with shouts of joy! **Know** that the Lord is God—he made us; we belong to him. We are his people, the sheep of his own pasture. **Enter** his gates with **thanks; enter** his courtyards with praise! **Thank** him! **Bless** his name! Because the Lord is good, his loyal love lasts forever; his faithfulness lasts generation after generation.
(Psalm 100, CEB)




**Faith practice:** We are grateful because God is faithful. Tell a story about a time when God was with you, your immediate family or a previous generation. Invite your family to recall and tell about a time God was with them too. Sharing stories of God's faithfulness nurtures faith. Tell them often!




**Gratitude Wall**

Designate a wall or door as a Gratitude Wall and keep a pad of sticky notes nearby. Encourage family members to regularly post sticky notes featuring the name of a person, place or thing for which they are grateful. Read the notes aloud together as a big thank-you prayer to God.




## Mealtime Prayer

*Loving God,* we are thankful for the many people who planted, grew, picked, sorted, packaged, delivered, stocked, sold and prepared the food on our table. You know each one by name. May they all experience your love for them today. Amen.




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## Between the Seams

*Make space to notice God's love and faithfulness in your life.*

How is your week going so far? Have you experienced frustration, disappointment, or stress? It can be hard to feel grateful when things don't go according to plan, but as Adele Ahlberg Calhoun points out in her book, *Spiritual Disciplines Handbook: Practices That Transform Us,* "Thanksgiving is possible not because everything goes perfectly but because God is present."

God was with you when your child missed the bus, when you misplaced your keys, and when the stove stopped working just before your company arrived. God is with you when your child can't find their shoe, when the dog won't stop barking, and when you just want to go back to bed. God will be with you when your child messes up, when you can't find the words, when difficult decisions need to be made. God's love and faithfulness last forever (Psalm 100:5, CEB). Gratitude flows from that assurance.

Make space to notice God's love and faithfulness in your life. Flip through your photos and reflect on the context in which they were taken—a celebration, a move, time spent with a loved one, and so on. Looking back, how was God faithful before, during, and since that time? Notice and give thanks!

And remember that the next time the washer overflows.

## One Good Thing

This month, try ending each day by recalling "one good thing" about the day. Thank God for it!

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