

Loving at a Distance

Prayer of Gratitude

(Gratitude is seeing the gift before us, our spouse, and giving thanks to the One who has given us the gift, God, our Father. In good times and in bad, gratitude will prevent one from taking for granted the blessing of our beloved or seeing our beloved as our enemy.)

Father,

I give you thanks for (Name of your spouse).

I thank you for (name the things about your spouse for which you are grateful. Give thanks for those things that are profound “Father, thank you that they are always thinking ahead about our needs,” and give thanks for the simplest of things: “Father, thank you for their nose.”

1. _____

2. _____

3. _____

Thank you for (Give thanks for memories)

1. _____

2. _____

3. _____