

Week Five
August 28, 2022

GRATITUDE

FRAMING

There are so many things, big and small, that we can be grateful for. When life is hard or stressful or just passing us by, it is easy to focus on the challenges or annoyances of life. And yet, all of the good things are still right there under our nose. Those good things come from God, and so we can be grateful and give thanks to God.

Having a practice of gratitude has shown to have all kinds of benefits such as boosting mental health, relieving stress, and helping to accept change. We can practice gratitude as a solo practice or express our gratitude to or with others. Either way, may we give thanks to God for the big and small things in our daily lives that are good.

PRAYER

The Doxology

Praise God from whom all blessings flow, praise Christ all creatures here below, praise Holy Spirit evermore, praise triune God whom we adore. Amen.

Praise God, from whom all blessings flow. Praise God, all creatures high and low. Alleluia, alleluia! Praise God, in Jesus fully known: Creator, Word, and Spirit one. Alleluia, alleluia! Alleluia, alleluia, alleluia.

SCRIPTURE

"O give thanks to the Lord, for God is good, for God's steadfast love endures forever. O give thanks to the God of gods, for God's steadfast love endures forever. O give thanks to the Lord of lords, for his steadfast love endures forever." Psalm 136

GET CURIOUS

- Do you notice how practicing gratitude impacts your day?
- How can extending gratitude to others impact your relationship with them?
- What things or people are you grateful for that you take for granted?

PRACTICE

- Start or continue a gratitude practice. Every day write down or share three things you were grateful for that day.
- When you are in a challenging situation, take a moment to breath in and breath out and name something you are grateful for.
- Tell someone in your life that you are thankful for them and why.

