

PRACTICE GRATITUDE

How and when will you will engage the practice this week? Choose one to focus on or try out several. How does gratitude help you listen for the Spirit, love God and others, and be more like Jesus?

"Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts. ~ Henri Frederic Amiel

GRATITUDE PRACTICES

- **Alphabet of Gratitude** - Use the flip book (or just paper/phone with a list of A to Z) to record what you are grateful for for each letter. Do one letter a day or skip around as words come to you.
- **Gratitude Photo Challenge** - Search online for "gratitude photo challenge" for a list of daily prompts. Take a picture inspired by the daily prompt and share each day on social media or with friends
- **Finish the day with a prayer of gratitude** - As you go to bed, reflect on the day and what you are grateful for and bring your thanks to God in prayer.
- **List 3** - Each day (morning or night), list three things you're grateful for. Consider starting a gratitude journal or note on your phone where you keep these lists. Go back to these lists when you're having a hard time and remind yourself of the blessings in your life.
- **Mealtime prayers** - If you're not in the habit of praying at mealtimes, now is a great time to start! Giving thanks for our food, those who've prepared it, and those who grew it reminds us to stop at least three times a day and remember God's goodness.
- **Savor the feeling of gratitude** - take time to stop, notice, and feel when you are grateful. Let it sink in. Soak it up.
- **Express gratitude** - This is more than good manners or being polite. Express your heartfelt appreciation. Write a card, say it aloud to someone, or pay it forward. Choose at least one person this week to express your sincere gratitude to.