

GOD
CALLS
Adventure



week 3
gratitude

■ Discover
Spirituality



Gratitude

Gratitude is a virtue and a warm feeling of thankfulness towards the world, or towards specific individuals. It is the ability to express our thankful appreciation in words and deeds, to the person whose words and deeds made an impact on our life. A humble person always knows to be grateful.

Maybe you can take a pad and pen and dedicate a few minutes each day of the week to make a list of all the wonderful gifts that you receive each day of your entire life. We may all think that we own properties, things and owner of all that we have but the truth is the Lord is the source of all that we have and for all that we are. ARE WE ABLE TO ACKNOWLEDGE AND GIVE PRAISE TO THE LORD!!!

*“One of them, realising that he had been healed, returned, glorifying God in a loud voice; and he fell at the feet of Jesus and thanked him”
(Lk 17: 15-16)*

Human tendency is that we complain and long for what we do not have and miss the opportunity to appreciate and enjoy what we have. If we start to be grateful for all that we have we will realise that we have always received so much, in that case should we not be always GRATEFUL? Let the phrase of “THANK YOU” be part of your life. Can the grace before meals be an invitation for us to say a grace before everything we do in our life? Let us learn from the example of Jesus who always

- This week let us reflect on some Bible passages and see how we can cultivate this virtue of GRATITUDE towards the Lord and towards our fellow brothers and sisters.

Monday

- Read and reflect on the following passage from your bible, Genesis 1:1 - 2:4.
- What are the things that you want to be grateful about? What do you want to thank God about? Write them down into your book.
- What is that the Lord calling you to do today?
- *“Whatsoever you do to the least of my brothers that you do unto me”* What can you do today in word and deed to make a difference in the life of someone?

Tuesday

- Read and reflect on the following passage from your bible, Psalm 23.
- What is that the Lord calling you to do today?
- What are the things that you want to be grateful about? What do you want to thank God about? Write them down into your book.
- *“Whatsoever you do to the least of my brothers that you do unto me”* What can you do today in word and deed to make a difference in the life of someone?

Wednesday

- Read and reflect on the following passage from your bible, Luke 17: 11-19.
- What is that the Lord calling you to do today?
- What are the things that you want to be grateful about? What do you want to thank God about? Write them down into your book.
- *“Whatsoever you do to the least of my brothers that you do unto me”* What can you do today in word and deed to make a difference in the life of someone?

Thursday

- Read and reflect on the following passage from your bible, Deuteronomy 26:1-11.
- What is that the Lord calling you to do today?
- What are the things that you want to be grateful about? What do you want to thank God about? Write them down into your book.
- *“Whatsoever you do to the least of my brothers that you do unto me”* What can you do today in word and deed to make a difference in the life of someone?

Friday



- Read and reflect on the following passage from your bible, Luke 12: 32-34.
- What is that the Lord calling you to do today?
- What are the things that you want to be grateful about? What do you want to thank God about? Write them down into your book.
- *“Whatsoever you do to the least of my brothers that you do unto me”* What can you do today in word and deed to make a difference in the life of someone?

Saturday

- Read and reflect on the following passage from your bible, 2 Corinthians 8:1-9:15.
- What is that the Lord calling you to do today?
- What are the things that you want to be grateful about? What do you want to thank God about? Write them down into your book.
- *“Whatsoever you do to the least of my brothers that you do unto me”* What can you do today in word and deed to make a difference in the life of someone?

Sunday

- Read and reflect on the following passage from your bible, Mathew 20:1-16.
- What is that the Lord calling you to do today?
- What are the things that you want to be grateful about? What do you want to thank God about? Write them down into your book.
- *“Whatsoever you do to the least of my brothers that you do unto me”* What can you do today in word and deed to make a difference in the life of someone?

Conclusion of the week:

- In your examination of consciousness today, reflect on what you have learned this week.
- What have you found difficult or challenging?
- What has given you joy or peace this week?
- What do changes will you make to your life going forward?

