

GRATITUDE

Read two passages from *The Healer*, pages 153 and 157-8.

Let's Get Acquainted

Tell us a story about a time when you showed gratitude to someone?

What happened? How were you involved? What was the outcome?

Let's Talk About It

What qualifies as gratitude? Does real gratitude imply some sort of recognition or payback? Or will a simple "Thank you" suffice? Does "pay it forward" count as gratitude?

Is gratitude something innate, an inherited trait, or does it come by teaching, by example, by custom? How is gratitude best nurtured?

From your own experience, what benefits can you describe that gratitude brings to an individual expressing thanks?

Is any service too small? Is any gift too trivial? Is it ever too late to express gratitude for something, for anything, that made you happy, that eased your pain, that made your day better?

How can I more consistently express genuine gratitude to those who make my life better?

Prayer

All-giving God, help me to be more aware of all those who contribute, in large ways and small, to my life and wellbeing. And give me the will and the way to consistently express my gratitude with sincerity and grace.