

An invitation to gratitude



Questions to think about or discuss in household or community.

For who or what are you most grateful?

What is there that is good, beautiful or makes you thankful about your frontline?

Why do you think gratitude is often described as bringing wellbeing?

In what ways could thankfulness become a part of your daily and weekly pattern?

What can stop gratitude or make it easier to forget God's presence and work?

Are there any situations you face this week where not-forgetting God's goodness might be a challenge?

Try this

Spend time reading part or all of Psalm 107.

Try to use your imagination to put pictures to the words.

Imagine or write an extra section that describes your everyday life with God.

Pick a time this week when a simple meal or ritual (eg. making a cup of tea, taking a coffee break, starting or ending your commute) could become more eucharistic.

How could you use that moment to practice thankfulness and remember Jesus?

Share your story - what is there in your current or recent life that points to God's goodness. Could you find a way to share that with someone else?

Collect thanksgivings - find a jar, a board or a book where you can collect the things you are thankful for. As they build up go back and read them from time to time.

Say thank you - write a note, send a text, have a conversation where you simply thank someone else for who they are and what they do.

What else have you found that might help you respond to God's invitation to gratitude?