

Eucharist Parent/Adult Catechesis 6:1

Gratitude

The things we value the most are those for which we are the most grateful. Gratitude is a blessing because it reminds us of our dependence on God and our interdependence with one another.

Reflect on the following questions:

What are some of the relationships in your life for which you are grateful? How do you express that gratitude? How is that sense of appreciation a blessing for you?

Using the thoughts from your reflection, create a gratitude list in which each item matches up with a letter from the word gratitude, somewhere in your description (beginning, middle, or end). Circle the letter in the listing.

G _____

R _____

A _____

T _____

I _____

T _____

U _____

D _____

E _____