

SUMMER

GRATITUDE

Something we can all receive and give





Lord, thank you for walking with us
through the seasons of our lives.
For the winter, when we are held safe
in your arms through the darkness.
For the hope of spring,
as we are filled with new promise and life.
For summer time,
full of warmth and colour
And for autumn days
as leaves fall to seed new growth.

You are always with us.

Amen.

www.lords-prayer-words.com

GRATITUDE

Let us start our form
time together today by
bowing our heads,
pausing for reflection
and thinking about
the best things and
people in our lives, for
which we can be
grateful.

Grateful vs Thankful

Comparison Chart

Grateful	Thankful
It is a feeling or an action to show appreciation for an act of kindness. People are grateful for something they received.	This is an expression of words to thank someone verbally. Words of thanks are also expressed as a sense of relief that something untoward did not happen.
The grateful person expresses gratitude beyond the words of thank you. A gift or event in recognition of the kindness received is appropriate.	Thankfulness is part of the act of gratitude. The words thank you are often combined with the gift or action to express gratitude.
The act of gratitude has more depth of sentiment and a gift or event accompanies the feeling of gratitude.	Thankfulness is not as deep an emotion as gratefulness. It is an expression of gratitude without the added gift. Just saying thank you is enough.

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Q- So how does it feel when someone shows their gratitude to you?

Q- How can you show another person that you are grateful?

Q-If someone shows their gratitude to you how do you feel about that person?

Q-When was the last time you showed your gratitude?

Q-How did you do it?

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Gratitude in action does not take a lot of effort.

Gratitude can be small actions that have big impacts.

Perhaps what the world needs now is for society to show more gratitude, being grateful for the individuals and opportunities we have in our lives?

Q- Pause for a moment and think about what you are grateful for in your life.

Little things and big things, perhaps stuff that you take for granted or belongings and circumstances you have in your life.

“

**It's not
happiness that
brings us
gratitude. It's
gratitude that
brings us
happiness.**

- Anonymous

GRATITUDE

Q- Why is showing gratitude like the ripples of a pebble being thrown into water?

"Just as ripples spread out when a single pebble is dropped into water, the actions of individuals can have far-reaching effects." – Dalai Lama



GRATITUDE



Use the following images to help class discussions as to why we should be grateful for certain things or people in our lives.

1- Carrying fresh water from a well that is 3 miles away from home.



GRATITUDE

2-Homelessness. People not far from our own homes who are homeless and sleeping rough.



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3- Child slave labour.

Q- How would you feel next time you went to Starbucks or McDonalds and found that your coffee or tea came from here?



GRATITUDE

4- Living in fear
of your life due to
war and conflict



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There are so many things you might be grateful for and that make you happy. It does not matter how simple they are, if they make you happy, content, and give you joy then they are important.

GRATITUDE



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We all have the ability to find opportunity to **grow gratitude**. Rather than complain about the things you deserve, take a few moments to focus on all that you have. Developing an '**attitude of gratitude**' is one of the simplest ways to improve your and others' satisfaction with life.

JOURNAL PROMPTS

1. What made you smile today?
2. What is one thing you love about yourself?
3. Who are you grateful for and what do you love about them?
4. What made you laugh today?
5. What is different today than a year ago that you are grateful for?
6. What is something you wear that you are grateful for?
7. What is something beautiful you saw today?
8. What freedoms are you grateful for?
9. What challenge are you grateful for?
10. What is something you love in nature?
11. What about your body are you grateful for?
12. What was the best thing that happened today?
13. What family member are you grateful for today?
14. What kindness did someone give you today?
15. What do you love about a friend?
16. What do you love about a friend?
17. What spiritual gifts are you grateful for?
18. What is your favorite family activity that you did recently?
19. What book are you grateful for reading?
20. What modern convenience are you most grateful for?
21. What food are you grateful for?
22. What is something you can't live without?
23. What do you like about the current season?
24. What happened today that are you grateful for?
25. What about your home are you grateful for?
26. What do you love about your parents?
27. What memory are you most grateful for?
28. What is your favorite family tradition?
29. What are your talents?

GRATITUDE

Scan the list on this slide.

Take a few minutes of reflection and select between 5-10 that you can quickly answer that will bring gratitude into your life.

See, it's not that difficult to do.

Having a **'gratitude attitude'** is so important each day.



GRATITUDE

Watch the clip.

Listen carefully.

Think gratitude.

Who will you call to tell them you are grateful they are
in your life?

Act today and spread gratitude.

<https://youtu.be/oHv6vTKD6lg>

Further watching

https://youtu.be/U51ZBjWDR_c

<https://youtu.be/qGXt37Pfyil>

<https://youtu.be/yA5Qpt1IRE4>