

CHRISTUS MINISTRIES

Young Family School of the Heart

VOLUME 1 | GRATITUDE

GRATITUDE

*Every breath we draw is a gift of God's love;
every moment of existence is a grace.*

Thomas Merton

REMEMBERING

Recall a time when your soul was weary.

What were the circumstances?

*Offer gratitude for any place in you that is
presently free and at peace.*

Savor the experience.

RECEIVING

*Receiving is an art. It means allowing the other to become part of
our lives. It means daring to become dependent on the other.*

*It asks for the inner freedom to say, 'Without you I wouldn't be
who I am.' Receiving with the heart is, therefore,
a gesture of humility and love. - Henri Nouwen*

RESPONDING

*Where do you find God whispering in your life?
How would your decision bring more life to you,
to those you love, and to the world?*



Gratitude Tree Family Activity

materials

- Construction or watercolor paper
- Crayons or watercolor paint

instructions

- Begin by drawing or painting the tree trunk and branches.
- Then, paint or create leaves around the tree.
- Once the leaves are dry or completed, talk about the people that support your family.
- Name family and friends and write their names (or initials) inside the leaves.
- Hang the piece in a visible space where your family can see and realize the amount of support you have to appreciate all the people in your lives.



A Grateful Day with Brother David Steindl-Rast - Gratefule...




Watch later



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A GRATEFUL DAY

