



GRATITUDE

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SPORTSLEADER

The strength to speak and act with a spirit of thankfulness for the gifts and blessings you receive.



ARTICLE FOR PARENTS

Gratitude

By Donald Demarco

- 1.) Jesus told the 10 lepers to show themselves to the priests.
- 2.) This story makes it clear that gratitude pleases Jesus very much, while its absence brings Him sorrow.
- 3.) The fact that Jesus did not cure all 10 lepers immediately gave them the opportunity to decide whether they should return to Him directly and express their gratitude as soon as their cures took place. The delayed miracle allows the story to underscore the significance of gratitude and invites us to reflect on why Jesus prizes it so highly.
- 4.) God wants our gratitude because He wants our continuing friendship, which enables Him to lavish us with additional gifts.
- 5.) There can be no happiness without gratitude.



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RESOLUTION

WAY TO LIVE THE VIRTUE THIS WEEK

Thank a family member for something that they have done for you recently.



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NFL STAR JJ WATT'S LETTER TO MOM VIDEO

NFL professional football player JJ watt shares a letter he wrote to his Mom.

Hopefully this encourages us to write a hand-written thank you note to someone this month.



VIRTUE SONG LYRIC VIDEO

Gratitude By Nichole Nordeman

Send some rain, would You send some rain?
'Cause the earth is dry and needs to drink again
And the sun is high and we are sinking in the shade
Would You send a cloud, thunder long and loud?
Let the sky grow black and send some mercy down
Surely You can see that we are thirsty and afraid
But maybe not, not today
Maybe You'll provide in other ways
And if that's the case...

We'll give thanks to You with gratitude
For lessons learned in how to thirst for You
How to bless the very sun that warms our face
If You never send us rain

Daily bread, give us daily bread
Bless our bodies, keep our children fed
Fill our cups, then fill them up again tonight
Wrap us up and warm us through
Tucked away beneath our sturdy roofs
Let us slumber safe from danger's view this time
Or maybe not, not today
Maybe You'll provide in other ways
And if that's the case...

We'll give thanks to You with gratitude
A lesson learned to hunger after You
That a starry sky offers a better view
If no roof is overhead
And if we never taste that bread

Oh, the differences that often are between
Everything we want and what we really need

So grant us peace, Jesus, grant us peace
Move our hearts to hear a single beat
Between alibis and enemies tonight
Or maybe not, not today
Peace might be another world away
And if that's the case...

We'll give thanks to You with gratitude
For lessons learned in how to trust in You
That we are blessed beyond what we could ever
dream
In abundance or in need
And if You never grant us peace...

But, Jesus, would You please...



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“He who beholds Heaven with a pure eye, sees better the darkness of earth; for, although the latter seems to have some brilliancy, it disappears before the splendor of the heavens.”

- St. Ignatius Loyola

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VICE

INGRATITUDE BRINGS UNHAPPINESS

Ungrateful people are unhappy people.

Those who always want more or something better can never be happy in the present moment.

If you are always looking ahead to something better, if you think you will only be happy ONCE you get that thing or achieve that status or accomplish that goal ... you spend your whole life seeking those things and you develop the habit of never being satisfied.

Let's develop the habit of being grateful and content with what we have right now.



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