

PRAYING WITH A GRATITUDE LIST

1. Find a comfortable and quiet place.
2. Make the Sign of the Cross.
3. Ask God to show you where He was present in your day.
4. Think about some things from the past day which you are grateful for.
 - It is good to have a minimum number of things to come up with each day - 3 or 5 or 10 for example
 - Try to be specific. Instead of being grateful for your family in general, think of a specific interaction with a family member
5. Spend a little time enjoying the memories of the things you are grateful for.
6. Thank God for each of these and any special circumstances which made them possible.
7. End with the Sign of the Cross.

PRAYING WITH A GRATITUDE LIST

1. Find a comfortable and quiet place.
2. Make the Sign of the Cross.
3. Ask God to show you where He was present in your day.
4. Think about some things from the past day which you are grateful for.
 - It is good to have a minimum number of things to come up with each day - 3 or 5 or 10 for example
 - Try to be specific. Instead of being grateful for your family in general, think of a specific interaction with a family member
5. Spend a little time enjoying the memories of the things you are grateful for.
6. Thank God for each of these and any special circumstances which made them possible.
7. End with the Sign of the Cross.

PRAYING WITH A GRATITUDE LIST

1. Find a comfortable and quiet place.
2. Make the Sign of the Cross.
3. Ask God to show you where He was present in your day.
4. Think about some things from the past day which you are grateful for.
 - It is good to have a minimum number of things to come up with each day - 3 or 5 or 10 for example
 - Try to be specific. Instead of being grateful for your family in general, think of a specific interaction with a family member
5. Spend a little time enjoying the memories of the things you are grateful for.
6. Thank God for each of these and any special circumstances which made them possible.
7. End with the Sign of the Cross.