DIVINE MERCY PASTORATE · FALL MISSION 2026

# Gratitude

*A Pathway to Healing and Peace*

Christ the King Church · Sunday, November 8, 2026 · 7:00 PM

*"Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus."*

PHILIPPIANS 4:6–7

## WHERE GRATITUDE LEADS A DISCIPLE

**Eyes to see His gifts**
"Every perfect gift is from above." (James 1:17) Gratitude lifts our eyes to the Giver.

**The peace of Christ**
"Let the peace of Christ control your hearts… And be thankful." (Col 3:15)

**Healing in Christ**
Like the one leper who returned (Luke 17), gratitude brings us back to Jesus.

## SIX WAYS TO PRAY WITH GRATITUDE

1. **Keep a gratitude journal**
   Each day, write 3–5 things you're thankful for.
2. **Pray a Rosary of Gratitude**
   Let each bead be a thank-you: "for my family," "for Your mercy."
3. **Pray the Examen**
   Review your day with God, starting with what you're grateful for.
4. **Listen to praise music**
   Try "10,000 Reasons" or "Now Thank We All Our God."
5. **Spend time in Adoration**
   Simply thank Jesus before the Blessed Sacrament. No requests.
6. **Thank God for one another**
   "I give thanks to my God at every remembrance of you." (Phil 1:3)

## EVERYDAY GRATITUDE HABITS

**Practice "mental subtraction"**
Imagine life without someone you love.

**Use gratitude cues**
Coffee, phone, doorway: name one good thing.

**Share specific appreciation**
Thank someone for exactly what you value.

**Savor ordinary moments**
Sunlight, laughter, birdsong.

**Reframe complaints**
Find one small positive in the frustration.

**Do micro-acts of kindness**
A door held, a kind note, a sincere compliment.

## WHEN LIFE IS HARD

**Find silver linings**
Look for the hidden blessing in the struggle.

**Accept help with gratitude**
Letting others care for us is a gift to them.

**Turn setbacks into opportunities**
Ask what God might be growing in you.

## FOR REFLECTION THIS WEEK

- *What am I grateful for in this moment?*
- *What stressful situation might hold a hidden blessing?*
- *How can I express gratitude more directly in my words and actions?*
- *How will gratitude lead me toward healing and peace?*

*"The secret of happiness is to live moment by moment and to thank God for all that He, in His goodness, sends to us day after day."*

ST. GIANNA BERETTA MOLLA


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