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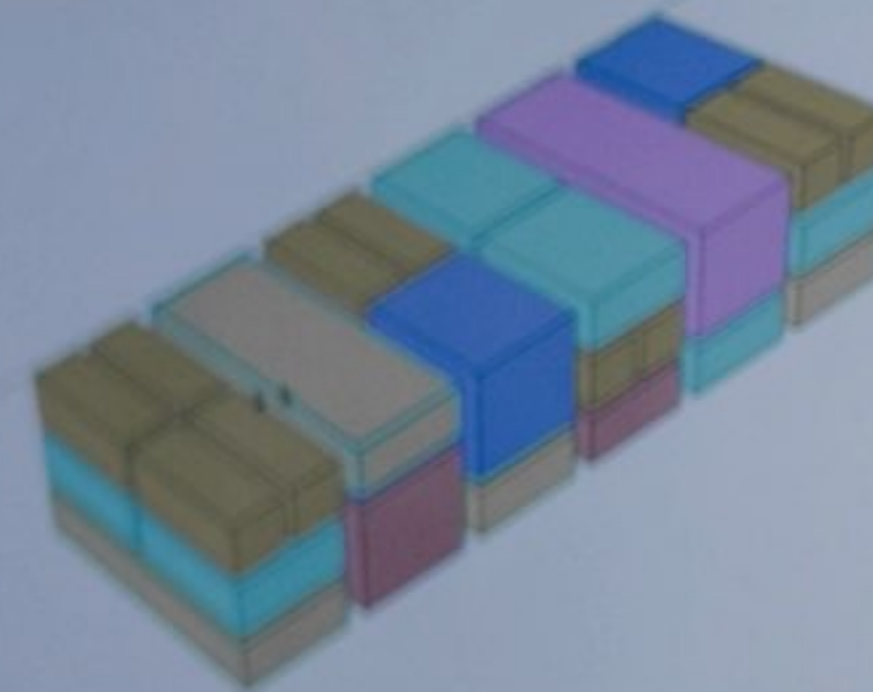


GRATITUDE

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



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GRATITUDE

“BEING THANKFUL.”



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GRATITUDE

OPENING PRAYER

Thank you, Lord Jesus Christ, for all the benefits and blessings which you have given me, for all the pains and insults which you have borne for me.

Merciful Friend, Brother and Redeemer, may I know you more clearly, love you more dearly, and follow you more nearly, day by day.

Amen.

- Saint Richard of Chichester (1198-1253)

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DEFINITION

This week our strength building on the virtue of Love for God is GRATITUDE.

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

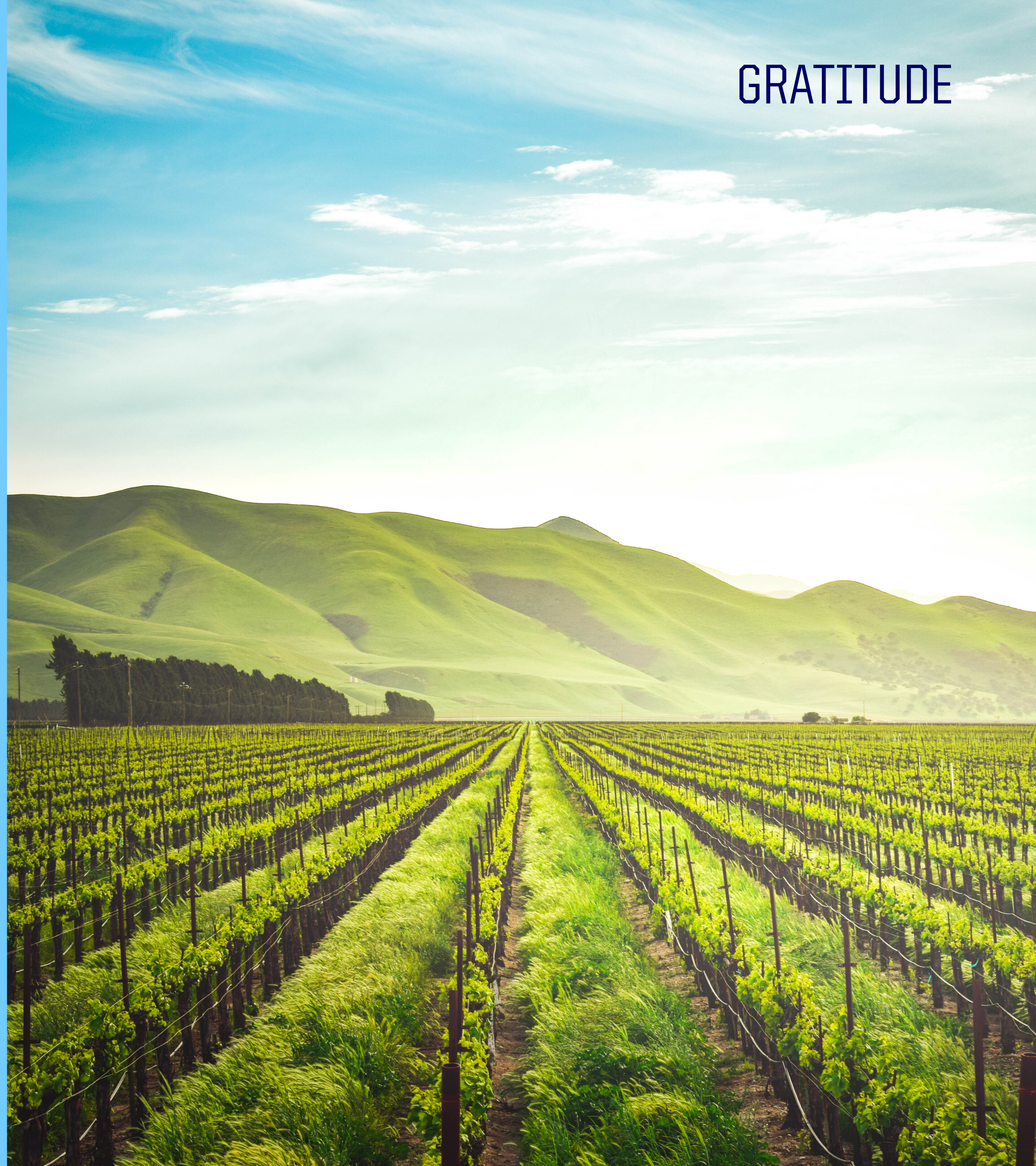
Let's live today with a full heart.

A heart that is GRATEFUL to be able to enjoy the beautiful things God blesses us with each day especially the people or things we take for granted.

And if you need some help remembering, take out a sheet of paper and start writing down all the blessings God has given you.

You will soon see that it is a very long list.

GRATITUDE



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GRATITUDE

GRATITUDE & INGRATITUDE

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

It is being thankful and showing appreciation for the good things we receive from God and others.

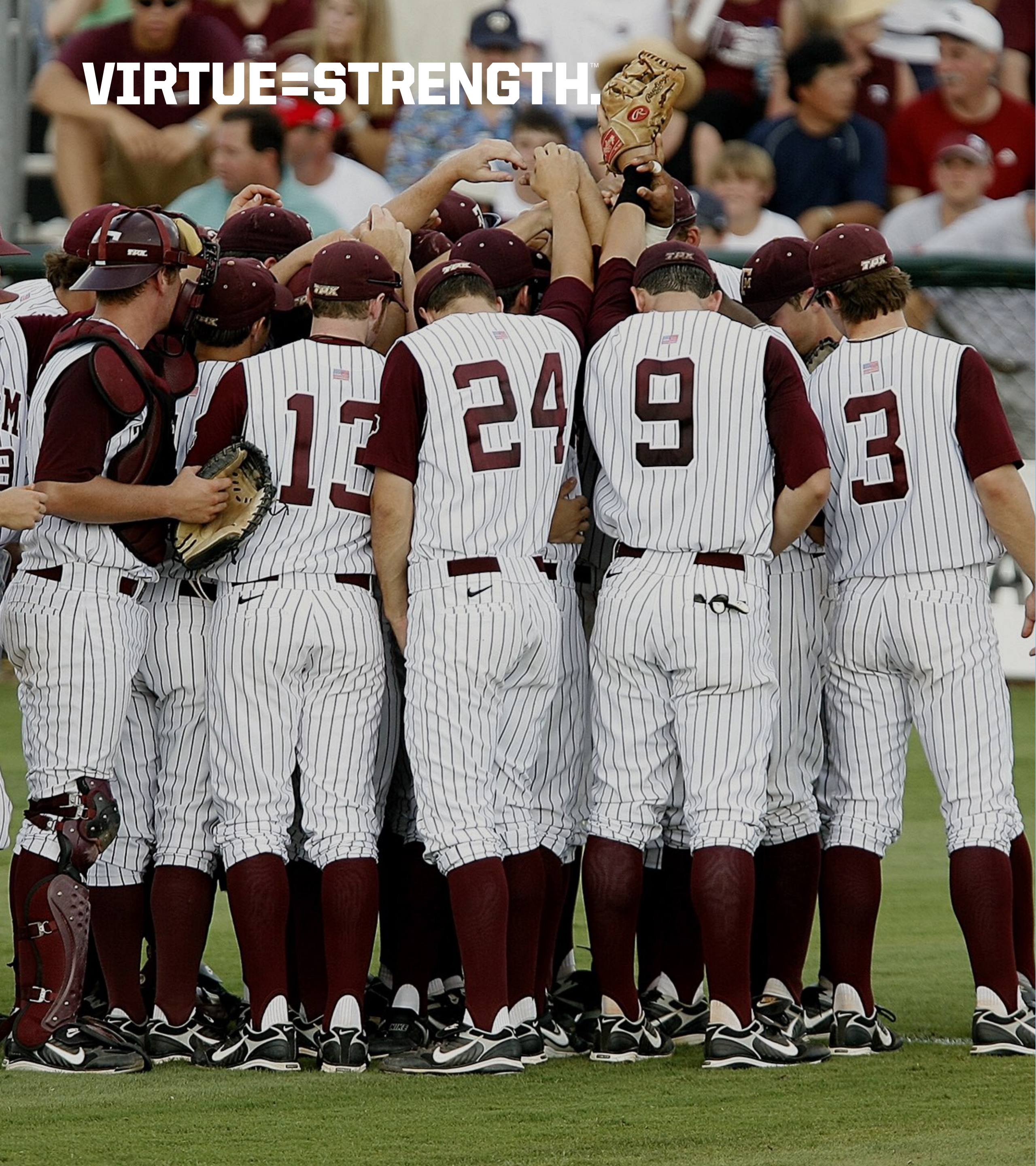
Ingratitude is the weakness to be forgetful of or to give a poor return for kindness received.

Catechism of the Catholic Church

- CCC 2638: “As in the prayer of petition, every event and need can become an offering of thanksgiving. The letters of St. Paul often begin and end with thanksgiving, and the Lord Jesus is always present in it.”

Saint Quote:

- **St. Mother Teresa of Calcutta:** “*The best way to show my gratitude to God is to accept everything, even my problems, with joy.*”



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GRATITUDE

EFFECTS OF GRATITUDE & INGRATITUDE

Gratitude:

- Makes us more positive and happy.
- Helps us appreciate what we have.
- Encourages others to be kind and giving.

Ingratitude:

- Makes us feel unhappy and unsatisfied.
- Hurts the feelings of those who give to us.
- Creates a negative atmosphere around us.

Bible Quotes:

- **1 Thessalonians 5:18:** “Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”
- **Psalms 107:1:** “Give thanks to the Lord, for he is good; his love endures forever.”

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EXAMPLES

GRATITUDE

Examples of Gratitude:

- Saying "thank you" when someone helps you.
- Praying to God and thanking Him for your family, friends, and blessings.
- Making a thank-you card for someone who did something nice for you.

Examples of Ingratitude:

- Ignoring someone who gives you a gift.
- Complaining about what you don't have instead of being thankful for what you do have.
- Not helping others after they have helped you.

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VICE

VICE



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VS.™

INGRATITUDE

The weakness to be forgetful of or to give a poor return for kindness received.



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INGRATITUDE

“NOT APPRECIATING.”

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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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GRATITUDE

CHALLENGE

Let's put our **GRATITUDE** into action!



HOW TO WRITE A THANK YOU CARD

1. Start with a friendly greeting.

Example: “Dear Grandma,”

2. Clearly state what you are thankful for.

Example: “Thank you so much for the lovely birthday present!”

3. Be specific about what you are thanking them for.

Example: “I love the new art set you gave me. I have already started drawing some pictures with it.”

4. Share how the gift or kind act made you feel.

Example: “Your gift made me so happy and excited!”

5. Mention something positive about the future.

Example: “I can’t wait to show you my drawings the next time we visit.”

6. Assure them of your prayers.

Example: Know that I am praying for you. God bless you!

7. End with a warm closing and your name.

Example: “Love,” or “Your friend, Ava”



Thank You

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GRATITUDE

RESOLUTION

WAY TO LIVE THE VIRTUE THIS WEEK

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

Have students share things out loud what their family members do for them.

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GRATITUDE

WHAT DOES GRATITUDE LOOK LIKE?



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GRATITUDE

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WORKSHEETS](#)

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GRATITUDE

WHAT DOES GRATITUDE SOUND LIKE?

SAINT STORY

ST. MARGARET OF SCOTLAND

November 16

1045-1093

St. Margaret of Scotland was an English princess born in Hungary. Margaret and her family returned to England when she was 10-years-old but afterwards needed to flee from William the Conqueror after his victory at the Battle of Hastings in 1066. Her widowed mother set out to take her children north to Northumbria but her family's ship got caught in a storm. The storm drove their ship even more north to Scotland, where they were shipwrecked in 1068. The spot they landed on is now known as "St. Margaret's Hope."

Malcolm Canmore III, the king of Scotland, welcomed Margaret and her family and put them under his protection. He soon fell deeply in love with the beautiful and kind princess. Margaret and Malcolm became married in 1070 at the castle of Dunfermline. Together, they had eight children, six sons and two daughters. All of whom were raised with deep Catholic Christian faith. They lived as a holy family, a domestic church.

Margaret's kind-nature and good heart was a strong influence on Malcolm's reign. She softened his temper and helped him become a virtuous King of Scotland. Together they prayed, fed the hungry, and offered a powerful example of living faith in action. Margaret was placed in charge of all domestic affairs and was often consulted with state matters, as well. Her impact in Scotland led her to being referred to as, "The Pearl of Scotland."

She constantly worked to aid the poor Scotland. She encouraged people to live a devout life, grow in prayer, and grow in holiness. She helped to build churches, including the Abbey of Dunfermline, where a relic of the true Cross is kept. She was well-known for her deep life of prayer and piety. She set aside specific times for prayer and to read Scripture. She didn't eat often and slept very little so she would have more time for her devotions. She lived holiness of life as a wife, mother and lay woman; truly in love with Jesus Christ.

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SMALL GROUP DIFFICULT SITUATION DISCUSSION

You are at the cafeteria on line and you notice that no one is saying “Thank you” to any of the good people serving, cleaning and helping.

What are 3 things you could do to make this situation better?

GRATITUDE



LUKE 17: 11-19

On the way to Jerusalem Jesus was going through the region between Samaria and Galilee.

As he entered a village, ten lepers approached him. Keeping their distance, they called out, saying, "Jesus, Master, have mercy on us!"

When he saw them, he said to them, "Go and show yourselves to the priests." And as they went, they were made clean.

Then one of them, when he saw that he was healed, turned back, praising God with a loud voice. He prostrated himself at Jesus' feet and thanked him. And he was a Samaritan.

Then Jesus asked, "Were not ten made clean? But the other nine, where are they? Was none of them found to return and give praise to God except this foreigner?"

Then he said to him, "Get up and go on your way; your faith has made you well."



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GRATITUDE

“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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GRATITUDE



“Happiness can only be achieved by looking inward and learning to enjoy whatever life has and this requires transforming greed into gratitude.”

- St. John Chrysostom

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GRATITUDE

“In our troubles, we must always say,

Blessed be God,

thank You my God,

or glory to God.”

- St. Jeanne Jugan



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GRATITUDE

“He loves, He hopes, He waits. Our Lord prefers to wait Himself for the sinner for years rather than keep us waiting an instant.”

- St. Maria Goretti

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GRATITUDE

*“If you do not know your own dignity
and condition, you cannot value
anything
at its proper worth.”*

- St. Bonaventure

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GRATITUDE

CLOSING PRAYER

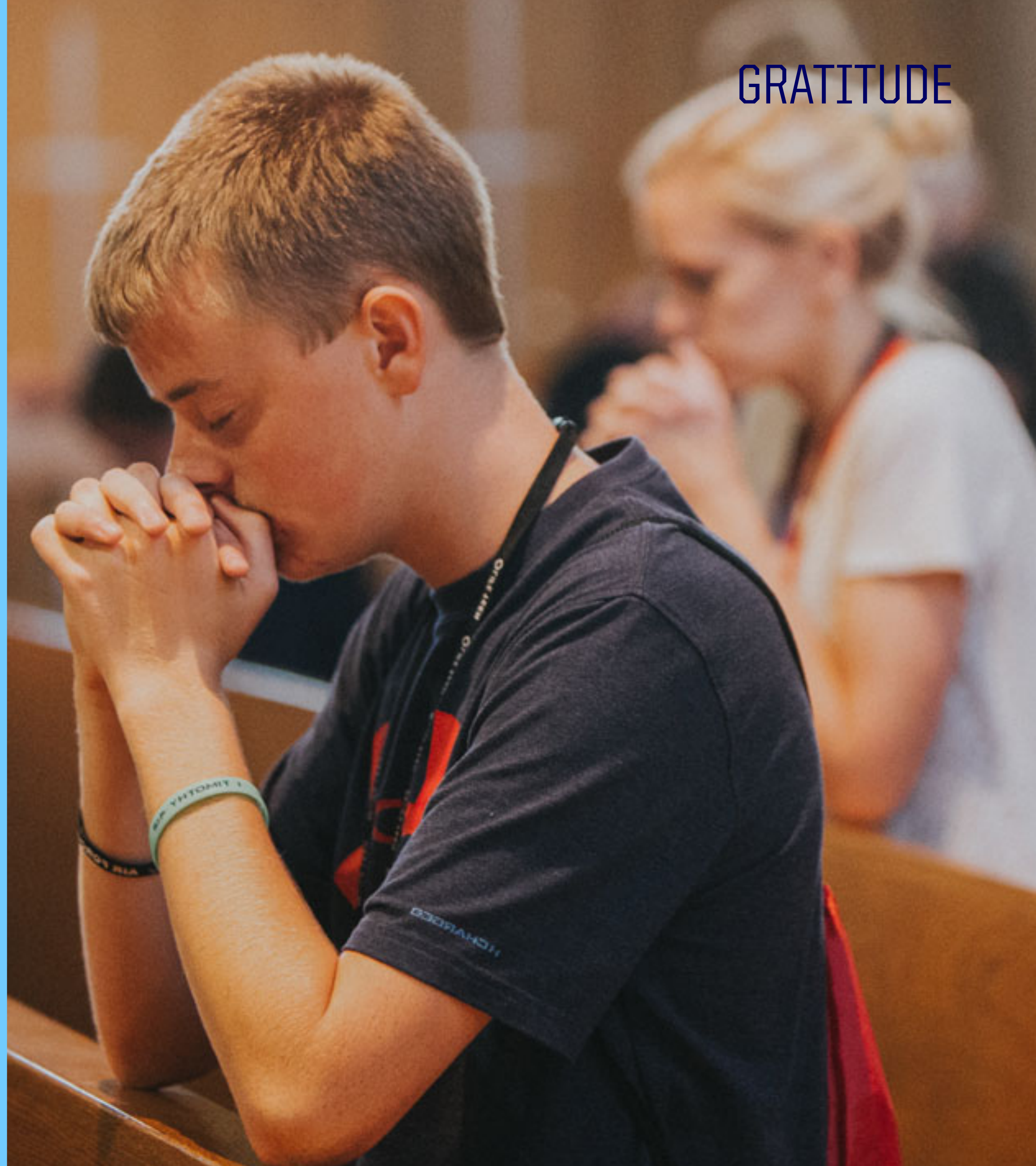
My Lord Jesus Christ, my God, I adore you and thank you for all the graces you have given me this day.

I offer you my afternoon, and I ask you to keep me from sin.

I put myself within your sacred side and under the mantle of our Lady.

Let your holy angels stand about me and keep me in peace. And let your blessing be upon me.
Amen!

-St. Alphonsus Liguori (1696-1787)





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Going to Holy Mass on Sunday is a powerful way to thank God every week.

What is your favorite part about going to Church?

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STUDENT LEADER VIRTUE AWARD

GRATITUDE

This certifies that

Helped lead our school with their virtuous example.

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