



Thanksgiving

PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling*) *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You². Have mercy on us, and be with us today as we contemplate the virtue of being Thankful.*

INTRODUCE TOPIC & SCRIPTURE **1 Thessalonians 5:17** *"Give thanks in all circumstances, for this is the Will of God in Christ Jesus for you."*

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE *"Thank you, Lord, You are all Good."*

MEDITATION *"Sacred Scripture constantly encourages us to give thanks to God. The hymns, psalms and the words of all just men are filled with praise and thanksgiving to God. [Psalm 102 says], 'Bless the Lord, O my soul, and forget not all His benefits'. The expression of thanks is an extraordinarily beautiful way of relating to God and men. As a form of prayer it is very pleasing to God and in some way an anticipation of the praise we will give Him eternally."³*

"Thankfulness is a way of expressing our faith because we recognize God as the source of all good; it is a sign of hope because we accept that all good comes through Him, and it leads to love and humility because we acknowledge our poverty and our need. St. Paul makes a special exhortation to the early Christian to be thankful: Give thanks in all circumstances; for this is the will of God in Christ Jesus for you."⁴

RESOLUTION (Re-read Scripture.) *"One day when we are in God's presence eternally, we will comprehend with full clarity not only that we owe our existence to Him but that our lives were full of His care, His graces, and benefits, more numerous than the sands of the sea."⁵ Do I take the time to thank God for all He has given me? Do I tend to look at the negative and not the many blessings in my life? Holy Spirit, come...*

ENDING PRAYER (Kneeling*) *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all I do, glorify You. Our Lady of Charity: **pray for us**; St. Joseph: **pray for us**; St. Peter (or saint of the day): **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

³ Fr. Francis Fernandez, In Conversation With God, Vol. 2, 71.1. Used with permission.

⁴ Fr. Francis Fernandez, In Conversation With God, Vol. 4, 71.1. Used with permission.

⁵ Fr. Francis Fernandez, In Conversation With God, Vol. 4, 71.1. Used with permission.

*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

