



Family
supplement

Y²AM
Ministry Plan
2019-20

Finding Christ
Through Gratitude (January 2020)



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Family Supplement

Finding Christ through Gratitude

We began this month's conversation by learning about gratitude and how we are called to offer it even in the most challenging of situations. We read the Gospel lesson of the raising of Lazarus (John 11: 1-44) and heard how Christ gave thanks to God for hearing him even while Lazarus was still dead. Additionally, we learned of the role of gratitude in prayer and how we offer it during the Divine Liturgy. Continue this conversation by asking your child what they learned, as well as exploring the resources on this page.

For Discussion:

- What does it look like to offer gratitude?
- Can you give some examples of times you have felt grateful?
- Why is difficult to be grateful in all situations
- Are there times you have felt ungrateful? Why?



Saint Story

Read the life of Saint Ambrose of Optina:

<https://oca.org/saints/lives/2045/10/10/102934-venerable-ambrose-of-optina>

How did St. Ambrose neglect gratitude in his life and how did he reconcile this neglect later?

Bible Verse

“Praise the Lord! Oh, **give thanks** to the Lord, for *He is* good!
For His mercy *endures* forever.

-Psalm 106:1

Social Media

Listen to the “Practicing a Grateful Attitude” podcast:

<https://www.goarch.org/-/practicing-a-grateful-attitude?inheritRedirect=true>

Consider how you can cultivate a sense of gratitude in your children's hearts as well as your own heart.

Discussion

Giving thanks is a proper response to receiving everything from help to blessings, which is why an environment of thankfulness needs to be nurtured in our youth and modeled in our personal behavior. This does not always come naturally - we must make a conscious effort... Commit as a family to sharing at least one thing you are grateful for every day during prayer or dinnertime.

“We must begin with thanksgiving for everything. The beginning of joy is to be content with your situation.”

St. Ambrose of Optina