**Theme: Gratitude**

**Goal:** Learn about gratitude

**Objective:** Identify one way you can practice gratitude in your daily life.

**Ice breaker:** Tell us your name,

**Activity 1:** ***Saint Story***

Read the following story before discussion, and talk to your group about some of the highlights of the story of St. Job.

<https://www.biblestudytools.com/bible-stories/bible-story-of-job.html>

Ask the following questions and help facilitate a discussion:

* How can we find moments of gratitude incorporated into the tough moments of Job’s life?
* What lessons can we take away on gratitude from the story of Job and how could we apply them to our lives?
* When is gratitude not easy to give?
* Can we be grateful without knowing what we should be grateful for?

**Activity 2: Article and Reflection**

Read the following article:

<http://schwebster.org/sermons/2015-sermons/giving-thanks-in-all-circumstances>

Ask the following questions and help facilitate a discussion:

* What does it mean when God has you where He wants you to be?
* When was a time you or someone you know struggled and what the lessons did you learned?
* Does gratitude have to be rewarded?
* How did the woman’s “attitude of gratitude” change her perspective?
* What can you do to practice gratitude in your everyday life? #bethebee

**Activity 3: Scripture *Reading***

Have participants read the following verses:

**Doxology**

Glory to God, Who has shown us the Light!

Glory to God in the highest, and on earth, peace, good will toward men!

We praise You! We bless You! We worship You!

We glorify You and give thanks to You for Your great glory!

O Lord God, Heavenly King, God the Father Almighty!

O Lord, the Only-Begotten Son, Jesus Christ, and the Holy Spirit!

O Lord God, Lamb of God, Son of the Father, Who take away the sins of the world, have mercy on us!

You, Who take away the sins of the world, receive our prayer!

You, Who sit on the right hand of God the Father, have mercy on us!

For You alone are holy, and You alone are Lord. You alone, O Lord Jesus Christ, are most high in the glory of God the Father! Amen!

I will give thanks to You every day and praise Your Name forever and ever.

Lord, You have been our refuge from generation to generation!

I said, "Lord, have mercy on me. Heal my Soul, for I have sinned against You!"

Lord, I flee to You. Teach me to do Your will, for You are my God. For with You is the fountain of Life, and In Your light shall we see light. Continue Your lovingkindness to those who know You.

Vouchsafe, O Lord, to keep us this day without sin.

Blessed are You, O Lord, the God of our fathers, and praised and glorified is Your Name for ever. Amen.

Let Your mercy be upon us, O Lord, even as we have set our hope on You.

Blessed are You, O Lord; teach me Your statutes.

Blessed are You, O Master; make me to understand Your commandments.

Blessed are You, O Holy One; enlighten me with Your precepts.

Your mercy endures forever, O Lord! Do not despise the works of Your hands!

To You belongs worship, to You belongs praise, to You belongs glory: to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

**Debrief:**

* What is the importance of this prayer?
* What is the connection between giving glory to God and gratitude?
* How can we be grateful in a way that we glorify God?

**Conclusion:** *Wrap-up and Commitment*

Go around the circle and ask the group to name one way to incorporate gratitude into the life of a college student.

**Closing Prayer:**

Lord our God, we are thankful for Your will, and we ask You to teach us to follow Your will above our own. We are grateful for our relationships, for our safety and health, so we give you glory in the highest. We thank You for the blessings seen and unseen You have given us, and glorify your infinite mercy. We pray for eyes of gratitude, and to be the bee who spreads love. Guide our attitudes and align them towards the Kingdom. Through the intercessions of the Theotokos and all your saints have mercy on us.