

## **Virtue of the Week: Gratitude**

Definition: Thankful disposition of mind and heart

Opposing Trait: Not expressing appreciation; taking other people and things for granted  
Practice by counting the blessings in your life and express gratitude even when it's difficult.

Say "thank you" often.

### **Verse of the Week:**

Colossians 3:15-17 "And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him."

### **Saint Quote of the Week:**

"Get used to lifting your heart to God, in acts of thanksgiving, many times a day. Because he gives you this and that. Because you have been despised. Because you haven't what you need or because you have. Because he made his Mother so beautiful, his Mother who is also your Mother. Because he created the sun and the moon and this animal and that plant. Because he made that man eloquent and you he left tongue-tied ... Thank him for everything, because everything is good." – St. Josemaria Escriva

### **Catechism Teaching of the Week:**

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: "Give thanks in all circumstances; for this is the will of God in Christ Jesus for you"; "Continue steadfastly in prayer, being watchful in it with thanksgiving."