

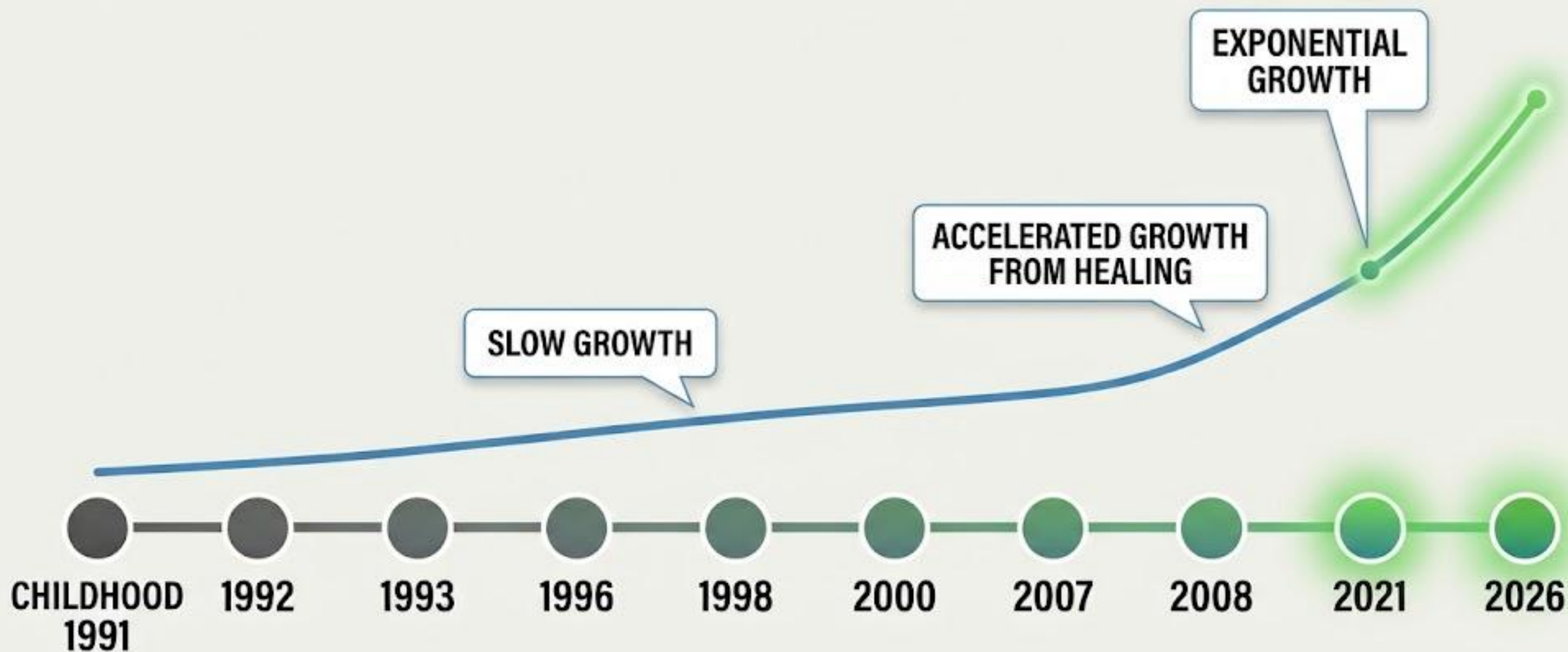
Discussion and Journal Time

1. What really grinds your gears?
2. What makes you feel overwhelmed?
3. What worries do you have often?

1. What is a lucky moment you have experienced?
2. What are the top 5 things you are thankful for?
3. What are some of your biggest blessings from God?



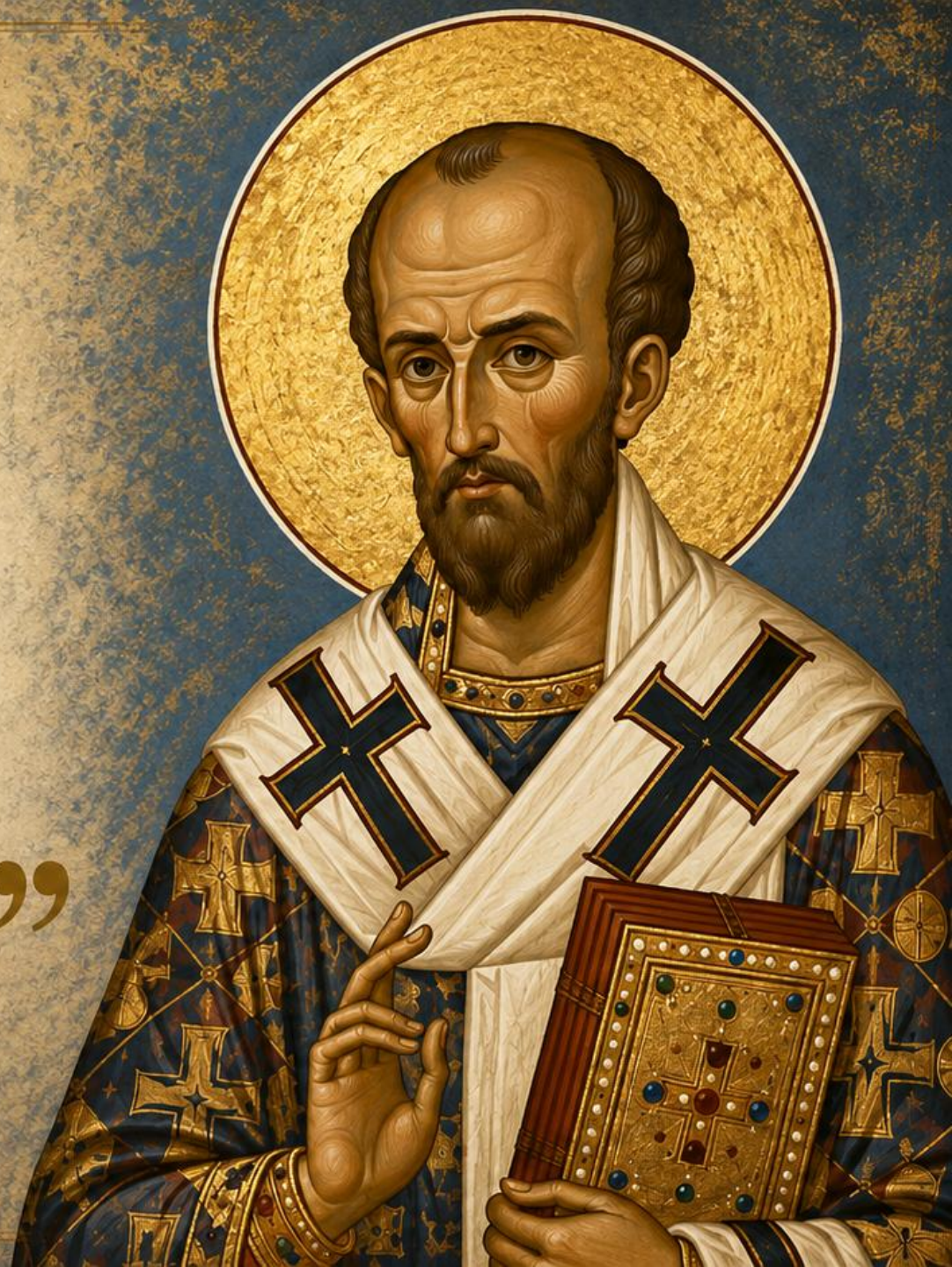
RELATIONSHIP WITH GOD THROUGH GROWTH, HEALING AND PRAYER





“The mark of a soul that loves wisdom always gives thanks to God. If you have suffered evil, give thanks and it is changed to good... Give thanks even in disease, lack of possessions, or false accusations.”

Saint John Chrysostom



“The devil does not have in his hands a more formidable weapon than despair. And we do not so much make him happy when we sin, but how much when we despair.”

Saint John Chrysostom



THANK GOD AHEAD OF TIME

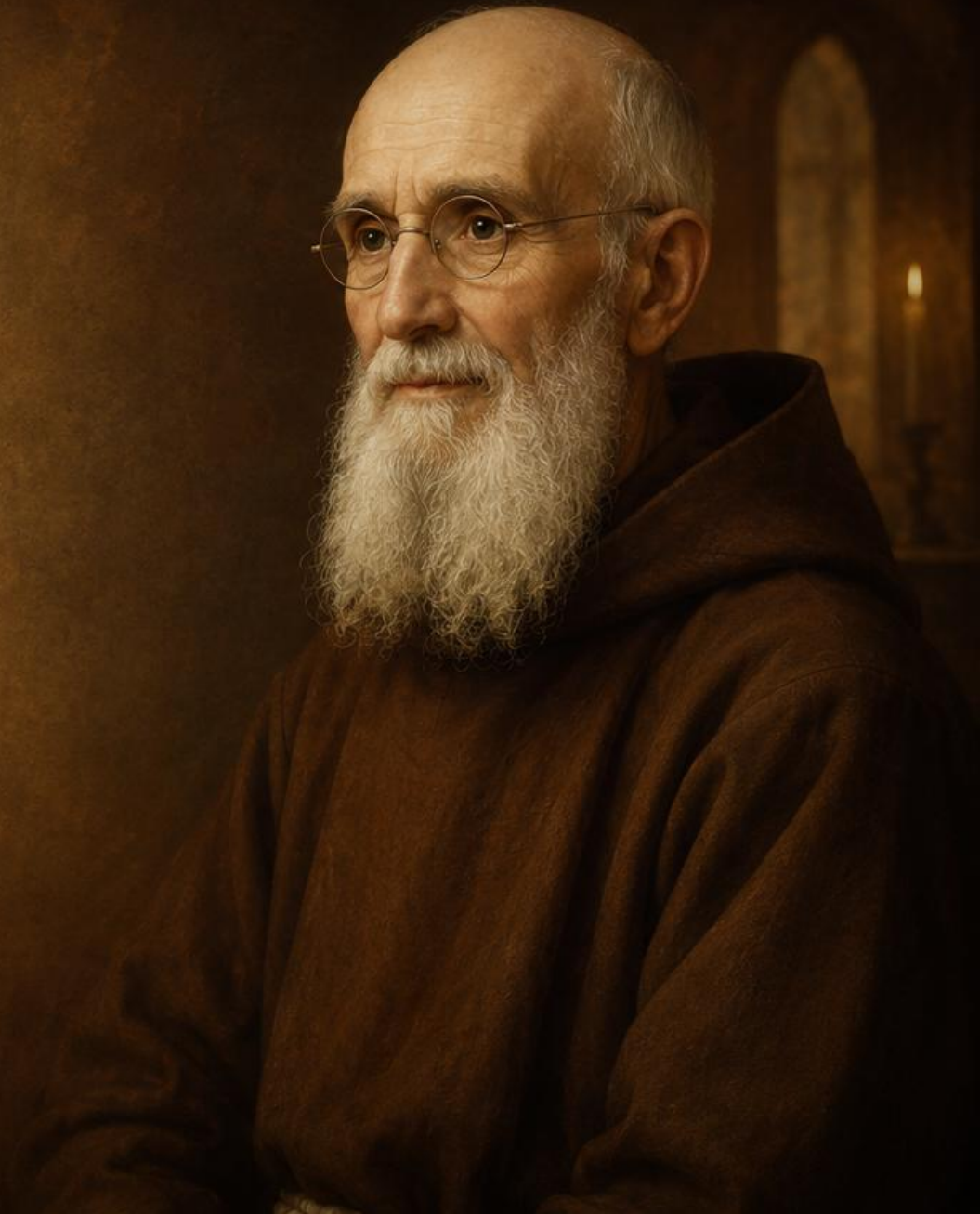
“Thank God ahead of time.

If the enemy of our soul is pleased at anything in us, it is ingratitude of any kind.

Why?

Ingratitude leads to so many breaks with God and our neighbor.”

— *Blessed Solanus Casey*



“Blessed is the person
who has *wept with
gratitude*, for tears
of sorrow open the
door to divine joy.”



— *Saint Ephrem the Syrian*

