



# Gratitude

Celebrate a season of thanksgiving in the Word

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# About this Study

Heart of Mary Women's Fellowship is filled with JOY to bring you this bible study about gratitude.

We hope that you'll dive in, grow in the Lord, and share with others what beauty God reveals to you through it. If you are doing this study independently, know that we at HOM are here for you & that you also have a LARGE community of women through our website and social media that are participating too!

If you are completing this study in a group setting - please contact us for more information about our "HOM Ambassador" program. We have team members available specifically to help you grow a local group and lead other women through community, prayer, and devotion. Their support is available at all times. We also want to help you grow! We will advertise your group on our website & social media! To find out if there is a local group near you, visit: [www.heartofmarywf.com/groups](http://www.heartofmarywf.com/groups)



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# Introduction

How often do we give thanks for the things that we already have? Do we give thanks to God every day? Or do we only do it during Thanksgiving and the holidays? What are we grateful for, anyway? Do we even spend time feeling thankful at all or do we complain about the things we don't have and how different things could've been or how they should be?

However you feel about your life right now, we can all use a little more gratitude in our lives. Philanthropist Sir John Templeton says:

“ *An attitude of gratitude  
creates blessings.* ”

When we start feeling grateful for little things, bigger blessings start to follow. It all starts with God, who is the one who created everything in our lives. He created the world, the animals, the sky, and every human being, and saw that it was all good. If we want to have more gratitude in our lives, we need to notice the blessings that we have on a daily basis.

It's easy to feel grateful when things are going well, but we really need gratitude when our lives are chaotic and messy, when we feel like there is no hope, because gratitude gives us something to hope for. Through gratitude, we find the hope for a better future because we already have good things in our lives in spite of the hardships that we suffer.

We hope that through this Bible study, you and I will come to learn how to be grateful no matter what else is going on in our lives. There is gratitude to be found everywhere: in little things, in big things, in our strengths, in our weaknesses, in the good times, in the bad times, in the ordinary, and in the extraordinary. All we need to do is open our eyes and ask God to help us see the blessings in everything.

As you meditate on the passages we share with you, we also want you to start writing a small list of things that you feel grateful for on a daily basis. It doesn't have to be a long list. Just start with three things or just one thing. Believe me when I say that a little bit of gratitude can go a long way.

- Monique Ocampo, Gratitude Study Author





# Gratitude Starts with God

TODAY'S SCRIPTURE //

**GENESIS 1-2:3, PSALM 148**

## DAY 1

How exactly do we start being grateful? It starts with God and realizing that everything that we have comes from Him. ... God's beauty can be found everywhere in creation: in the depths of the ocean, in the highest mountains, in the vast deserts, and the deep forests. But God's beauty can be found in other places as well: in the eyes of the poorest of the poor, in the face of someone you're having an argument with, and in the things that you may not always like. It's not always easy to see the beauty in everything and everyone, but it's there and these things are all reflections of God.

## reflection

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my favorite verse:  
#myfavoriteverse

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# study questions:

Q: Where do you think *gratitude* begins?

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Q: Do you think there is a *connection* between ourselves & the environment; aside from the fact that we are both God's creations?

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Q: What are the *similarities* you see between the Psalm & St. Francis' Canticle?

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# Daily Gratitude

TODAY'S SCRIPTURE //

**PSALM 118: 21-24**

## DAY 2

...No matter what kind of days we have, keeping a daily gratitude journal can help us...

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# my favorite verse:

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# study questions:

Q: How do I think *gratitude* can be found on bad days or within bad moments?

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Q: What are some examples of *daily blessings* in my life that others may take for granted?

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Q: What are some ways that I can motivate myself to keep a *positive attitude* throughout the day?

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# Gratitude for all the Small Things

TODAY'S SCRIPTURE //

**SIRACH 39: 12-35**

## DAY 3

"Gratitude is the thing that brings us the most grace...I have learnt from this experience; try it, and you will see. I am content with whatever God gives me, and I show him this in a thousand little ways."

- St. Therese' of Lisieux

## reflection

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## my favorite verse:

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# study questions:

Q: Have you ever *read* the deuterocanonical books of the Bible before this study? If not, why do you think the 7 books are left out of the other bibles? Do you think bibles would *benefit* from having these 7 books in them?

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Q: What did you know about St. Therese' before this study? What *inspires* you most about her?

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Q: What are some daily annoyances that could actually be a *blessing in disguise* with a change of perspective?

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# Gratitude for Our Gifts

TODAY'S SCRIPTURE //

**PSALM 139, HEBREWS 2:7, PROVERBS 31:30, 1 SAMUEL 16:7**

## DAY 4

We are one step below angels and crowned as princesses in His eyes. We are daughters of the King. As today's Psalm says, we are fearfully and wonderfully made. Better still, "For it was you who formed my inward parts, you knit me together in my mother's womb." It means that you weren't just created randomly or put in the wrong body. You were designed by God and created with purpose.

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my favorite verse:  
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# study questions:

Q: How do you see yourself? How do you think *God sees you?*

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Q: What are some things that people *compliment* you on that don't see as anything special?

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Q: What are some ways that we can start having a *healthy self-love* without it turning into vanity?

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# Gratitude for Our Weaknesses

TODAY'S SCRIPTURE //

**2 CORINTHIANS 12:7-10, PHILIPPIANS 4:13**

## DAY 5

The worst parts of ourselves remind us that we are not perfect. In spite of what society may say, we can't act like nothing's wrong with us or say that we don't need God in order to be good. Nor can we define ourselves by our weaknesses. Instead, we turn to Christ.

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my favorite verse:  
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# study questions:

Q: Think about a time when you felt like you were at *your weakest*. How do you think God brought strength to you?

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Q: What are some areas that you feel *need improving* in your life? Do you think that God can help you with them?

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Q: What do you think is the difference between a coward & someone who knows that *retreating* might be the best option?

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# Gratitude Shared with Others

TODAY'S SCRIPTURE //

COLOSSIANS 3:12-17, GALATIANS 6:2

## DAY 6

Everyone we know and see in our lives is our brother and sister in Christ. And we should treat them as such. Be grateful for the people in your lives and share your gratitude with them!

### reflection

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my favorite verse:  
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# study questions:

Q: How do you treat people who have different personalities from you? Do you see everyone as a *brother or sister*?

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Q: What are some ways you think you can *bear other people's burdens* in your daily life?

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Q: How do you think *gratitude* can improve the way you act toward others?

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# Gratitude Shown through Doing Good

TODAY'S SCRIPTURE //

EPHESIANS 5:8-20, MATTHEW 25:31-40

## DAY 7

Our gratitude should be shown through our actions. When we do good, we become a good example and will hopefully inspire others to do likewise. When we share our gratitude with the world through our charitable actions, we increase the gratitude that we already have within us. Just remember that everything should be done with God in mind.

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my favorite verse:  
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# study questions:

Q: Who is someone you think is *inspiring*? What kind of things do they do that make a difference? How do you think you can apply that to your life?

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Q: What are some ways you can do the *Corporal or Spiritual Works of Mercy* in your daily life?

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Q: What do you think is the difference between *condemning & admonishing*? Why do you think it's so hard to criticize others in these modern times?

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# Gratitude for God's Mercy

TODAY'S SCRIPTURE //

PSALM 136

## DAY 8

To truly love God is to live for Him and not for ourselves. It's not enough to say "Oh, I don't do anything bad like killing people" and just live a life that revolves around lesser things. When you receive a gift, you don't just toss it aside and take it for granted. You thank the person who gave you that gift.

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my favorite verse:  
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# study questions:

Q: Pope Francis established that 2016 will be the Year of Mercy. Why do you think the Church needs to *focus on mercy* so much?

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Q: What are your *perspectives* on God's mercy? What do you think Confession means to you?

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Q: What are some ways you feel *grateful* for God's mercy? How do you think you can *show mercy* toward others?

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# Gratitude in the Storms

TODAY'S SCRIPTURE //

PSALM 121, ROMANS 8:18-28, MARK 4:37-41

## DAY 9

No matter how life shakes us up, God keeps me from being stirred away from Him. The resilience that I've gained is why I feel grateful, even during the storms in my life.

### reflection

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my favorite verse:  
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# study questions:

Q: What are some *hardships* in your life that you feel worked out for the better?

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Q: What *storms in your life* are you going through now, or recently? How do you think gratitude can help you get through it?

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Q: How do you think God can help you during *times of anxiety*?

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# Gratitude in the Desert

TODAY'S SCRIPTURE //

PSALM 40, JAMES 1:12-18, WISDOM 3:5-7, 1 CORINTHIANS 10:12-16

## DAY 10

Through the trials we endure in this desert period, God refines us and we learn how strong we actually are through Christ. It's through gratitude that you learn how to dance in the desert.

### reflection

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my favorite verse:  
#myfavoriteverse

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# study questions:

Q: Do you think it's harder for you to handle *spiritual trials or spiritual dryness*? What are some ways you think you can handle them better?

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Q: Were there times that you didn't want to be near God, but still wanted the "desire for the desire"? How did you *find your way back* to Him?

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Q: Have your *perspectives* on the Our Father & St. Therese' changed? If so, how?

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# Gratitude in the Darkness

TODAY'S SCRIPTURE //

PSALM 88

## DAY 11

Cry out to God right now, even if you feel like He is not there. He knows the pain that is in your heart. Acknowledge that you are not strong enough on your own. He loves you in the darkness as well as in the light. If you feel like your prayers are empty, read Psalm 88 out loud and make that your prayer.

### reflection

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my favorite verse:  
#myfavoriteverse

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# study questions:

Q: Have you ever suffered from *depression* or know someone who has? Why do you think it's such a hard condition to deal with?

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Q: What are some ways you combine *empathy* with gratitude?

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Q: Think of a time when you felt like you were *at your lowest*? As hard as it sounds, do you think you can be grateful for that moment? Why or why not?

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# Gratitude for God's Providence

TODAY'S SCRIPTURE //

**EXODUS 16:4-15, 1 KINGS 17, 2 CORINTHIANS 9:8, LUKE 18:17**

## DAY 12

Having the faith of a child means trusting in God to provide for us completely. He is always with us. He gives us what we need, whether it be our everyday things like food and shelter or the strength to face adversity. He protects and saves us, even when bad things happen to us. We need only ask for His guidance and He will give it to us. Having the faith of a child also means holding onto Him because He has the power to provide. We rely on God's comfort when we are burdened with troubles. His Divine Providence can heal us both physically and emotionally. He has the power to forgive us whenever we've done wrong. Best of all, His love for us is infinite, lasting forever and ever.

## reflection

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my favorite verse:  
#myfavoriteverse

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# study questions:

Q: What are some ways you feel *God has provided* for you?

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Q: Which areas in your life do you *trust God* with the least? Why? How you do think you can trust God with it?

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Q: What are some areas in your life where you feel you need God to *guide* you?

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# Gratitude for Friends

TODAY'S SCRIPTURE //

**PROVERBS 17:17, SIRACH 6:5-17, JOHN 15:15**

## DAY 13

"In each of my friends there is something that only some other friend can fully bring out. By myself I am not large enough to call the whole man into activity; I want other lights than my own to show all his facets... Hence true Friendship is the least jealous of loves."

### reflection

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my favorite verse:  
#myfavoriteverse

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# study questions:

Q: What do you think you gain from *having friends outside of the faith*?  
How are they different from the friends you have who share your beliefs?

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Q: Have you ever *treated a friend* as more of a project or have you ever been treated as such? Have you ever succeeded in changing someone's behavior?

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Q: What do you think is the best way to *maintain a friendship* with someone who doesn't share the same beliefs as you?

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# Gratitude for Enemies

TODAY'S SCRIPTURE //

**SIRACH 27:30 - 28:9, 1 CORINTHIANS 1:26-29, MATTHEW 5:43-48**

## DAY 14

Forgiveness is to willingly draw the one that's hurt you back into community. It means possibly openly communicating with those who've hurt you to try to solve the problem you have with them. Sometimes, that doesn't mean actually reaching out to them. Sometimes, that just comes in the form of praying for them and hoping for the best for them. If you are angry at those you hurt you, tether your anger with God's love and ask God to help you forgive them.

### reflection

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my favorite verse:  
#myfavoriteverse

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# study questions:

Q: What are some good things you learned from “bad” people or bullies in your life? What do you think the bullies in your life *learn* from you?

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Q: Do you *hold any grudges* against someone? Do you feel justified in that anger? How do you think you can change your perspectives on them?

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Q: How do you think we can “*love our enemies*”?

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# Gratitude in Losses

TODAY'S SCRIPTURE //

JOB 1:21, PSALM 23

## DAY 15

Think of somebody that you've lost, either through their death or because time drifted you apart. No matter how far apart we are from the ones that we love, we can be thankful the time that we had with them.

### reflection

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my favorite verse:  
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# study questions:

Q: Have you ever lost anyone close to you? How did you deal with that *grief*?

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Q: What are some ways people approach grieving in a well-meaning but wrongful way? How do you think people should help those in *mourning*?

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Q: If you have cut yourself off from someone, why? Is there any way you can be *grateful* for them? How?

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# Gratitude in Victory

TODAY'S SCRIPTURE //

**PSALM 18, 1 JOHN 5: 1-12**

## DAY 16

Whether you're struggling with a temptation, an addiction, hoping to lose weight or get fit, all of these things are rooted in a sense of self-worth. We can't fight for others if we don't value ourselves. I'm not just talking about appreciating the way we look on the outside, but learning how to define yourself. The greatest battle we'll ever have to fight is the fight over our soul. Once we know how to define ourselves and understand who we are and whose we are, we will accomplish a great victory!

### reflection

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my favorite verse:  
#myfavoriteverse



# study questions:

Q: How do you *define yourself*? Why do you think people have such a desperate need for labels?

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Q: Have you ever had moments of *spiritual warfare*? How have you dealt with it?

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Q: What do you feel is the *greatest victory* that God has helped you achieve?

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# Gratitude in Everything

TODAY'S SCRIPTURE //

PHILIPPIANS 4:4-9, ROMANS 8:28-39, 1 CORINTHIANS 13

## DAY 17

Hope comes to you when it doesn't really make any sense to have it because that's when you need it most. Through living with gratitude, we cultivate hope, which nurtures our faith and our love.

### reflection

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my favorite verse:  
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# study questions:

Q: What are some ways you think you can find *gratitude* in everything?

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Q: How can you combine *gratitude* with the virtues of faith, hope, and love?

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Q: Have you improved on finding ways to be *grateful* since the beginning of this study? If so, how?

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# Gratitude in Everything

TODAY'S SCRIPTURE //

PHILIPPIANS 4:4-9, ROMANS 8:28-39, 1 CORINTHIANS 13

## DAY 17

Hope comes to you when it doesn't really make any sense to have it because that's when you need it most. Through living with gratitude, we cultivate hope, which nurtures our faith and our love.

### reflection

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my favorite verse:  
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# study questions:

Q: What are some ways you think you can find *gratitude* in everything?

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Q: How can you combine *gratitude* with the virtues of faith, hope, and love?

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Q: Have you improved on finding ways to be *grateful* since the beginning of this study? If so, how?

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