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*I will give thanks to you, LORD, with all my heart;  
I will tell of all your wonderful deeds.*

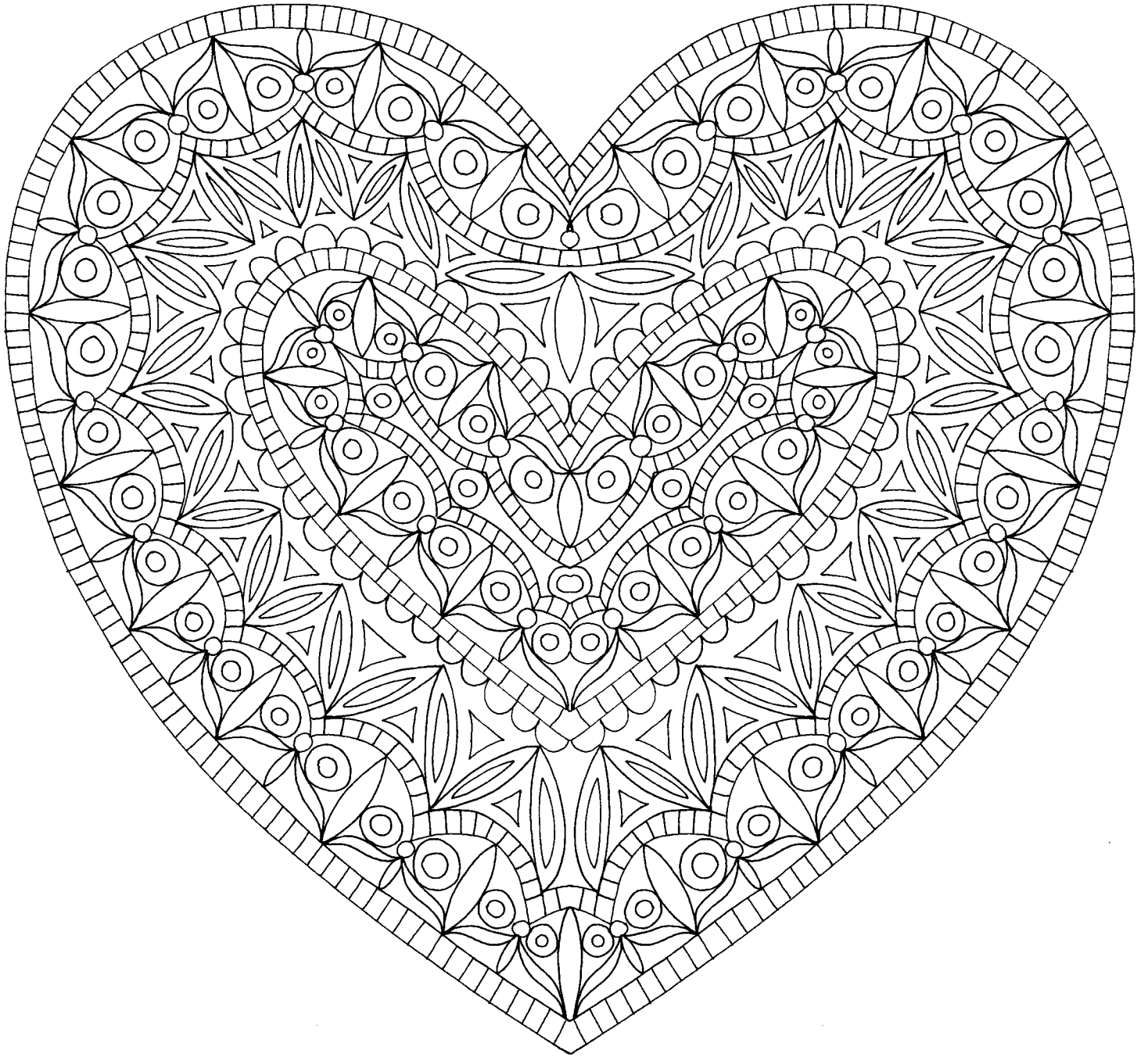
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REFLECT: Gratitude can be a deeply healing practice filled with possibilities. Thankfulness expands the heart's capacity for giving and receiving. It makes us more fully alive to the wonder of God, the beauty of creation, and the gift of others. Gratitude is alchemy that turns ordinary and commonplace things into joy.

WONDER: As you color this complex design, consider how you want to put your whole heart into being grateful, telling of God's wonders. Name tiny and huge marvels you see. Name the wonders of knowing God. Watch how habits of discontent dry up as gratitude pumps its way through your heart.

PRACTICE: During a shared meal, invite others to share something for which they are grateful. What do you notice as people share their gratitude?



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