

Unitarian Universalist Small Group Ministry Network Website  
**“Gratitude”**  
Covenant Group Curriculum, River of Grass Unitarian Universalist  
Congregation, Davie, FL

**Opening Meditation/Music/Silence/Chalice Lighting** (whichever one(s) you choose to do)

**Opening Words:**

“To be grateful is to recognize the Love of God in everything. Every breath we draw is a gift of love, every moment of existence is a grace, for it brings with it immense graces. Gratitude therefore takes nothing for granted, is never unresponsive, is constantly awakening to new wonder and to praise of the goodness of life and the divine. For the grateful person knows that God (or life) is good, not by hearsay but by experience. And that is what makes all the difference.”

- Thomas Merton, abridged

**Check-in/Sharing**

**Topic/Readings:**

**Facilitator: Please read these quotes aloud and ask the folks assembled to reflect for a moment on what and/or whom they are grateful for. Also ask them to set a sense of how they “practice” gratitude in their everyday lives. You may want to inquire of them, as well, about the times when gratitude seems most difficult for them.**

“The fundamental religious attitude, as has been pointed out by all kinds of people, is simply that of gratitude. Ultimately, the religious person is distinguishable from the irreligious person on the basis of thankfulness being their fundamental stance toward life.”

- Ron Trojcek

"In relation to others, gratitude is good manners; in relation to ourselves, it is a habit of the heart and a spiritual discipline."

- Daphne Rose Kingma

**Likes and Wishes/Feedback**

**Closing Words:**

This is the one true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being a force of nature instead of a feverish, selfish little clod of ailments and grievances, complaining that the world will not devote itself to making you happy. .

I am of the opinion that my life belongs to the whole community and as long as I live it is my privilege to do for it whatever I can.

I want to be thoroughly used up when I die, for the harder I work, the more I live. I rejoice in life for its own sake. Life is no 'brief candle' to me. It is a sort of splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.

- George Bernard Shaw

Amen. May you live in blessing.