

## **“Thankfulness”**

### **FOCUS: What can we learn about Thankfulness and Thanklessness?**

1. Thanklessness Is Not Always From Hard-Heartedness. Sometimes It Is From Good Old \_\_\_\_\_!

#### **Some Questions to Consider:**

- How much of our weariness is self-imposed?
- How much does the TV rule our lives?
- **If we do not change any of our behaviors, will not our Weariness become Hard-Heartedness? Y/N**

2. We Must Use Thankfulness to Break Our \_\_\_\_\_ (i.e. “Habit”) of Thanklessness.

#### **Short-Term Changes:**

- We are going to take a few minutes right here and right now to make a list of things and/or people (or God!!!) for which we are thankful.

- Then we are going to share some of our thanksgiving during the open-mic time.
- We are also going to save our lists and share some of the things/people/God for which we are thankful at our Thanksgiving Meal with those we love.

**Please spend some time in meditation and work on your “Thankfulness List.”**

