

JESUS, THANK YOU FOR...

Before you go to bed take a minute to think of your day, the people you talked to, those who made you smile or laugh, the food you ate, and anything else that comes to mind. Write a gratitude prayer to Jesus and write down three or four things you are grateful for today.

DAY
1

DAY
2

DAY
3

DAY
4

DAY
5

DAY
6

DAY
7

Some things to consider...



Take this list when you go to Mass this week. Either before or after Mass you can pray quietly and look at all the gratitude prayers on your page. Then try to sit quietly for one minute and imagine what Jesus says to you after hearing your prayers of gratitude.