



VIRTUE=STRENGTH.™



GRATITUDE

“BEING THANKFUL.”



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**GRATITUDE**

## OPENING PRAYER

Thank you, Lord Jesus Christ, for all the benefits and blessings which you have given me, for all the pains and insults which you have borne for me.

Merciful Friend, Brother and Redeemer, may I know you more clearly, love you more dearly, and follow you more nearly, day by day.

Amen.

- Saint Richard of Chichester (1198-1253)



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## DEFINITION

This week our strength building on the virtue of Love for God is GRATITUDE.

**The strength to speak and act with a spirit of thankfulness for the gifts and blessings we receive.**

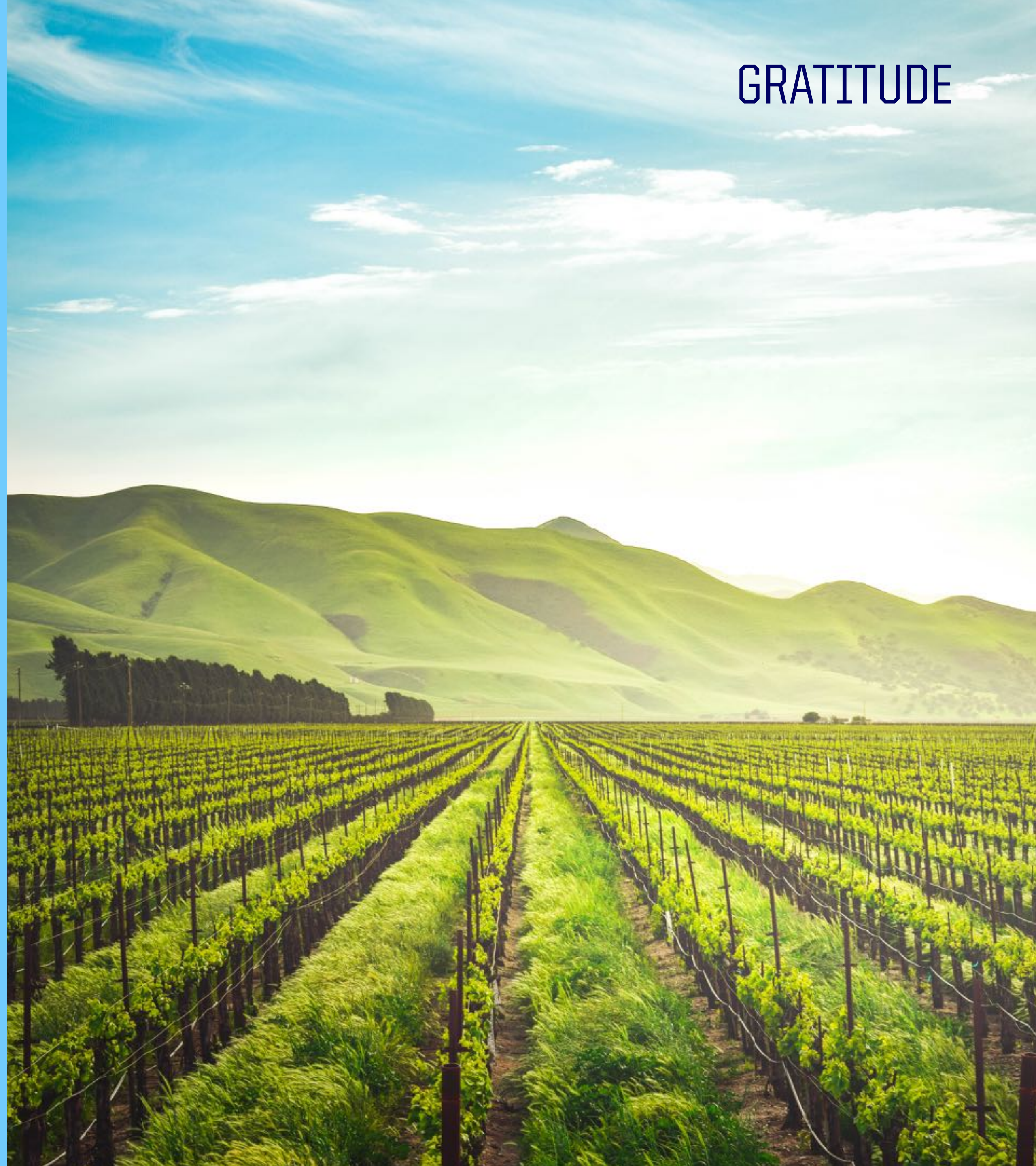
Let's live today with a full heart.

A heart that is GRATEFUL to be able to enjoy the beautiful things God blesses us with each day especially the people or things we take for granted.

And if you need some help remembering, take out a sheet of paper and start writing down all the blessings God has given you.

You will soon see that it is a very long list.

# GRATITUDE





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GRATITUDE

RESOLUTION

**WAY TO LIVE THE VIRTUE THIS WEEK**

Thank a family member for something that they have done for you recently.

*Have students share things out loud what their family members do for them.*



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GRATITUDE

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## SAINT STORY

### ST. MARGARET OF SCOTLAND

November 16

1045-1093

St. Margaret of Scotland was an English princess born in Hungary. Margaret and her family returned to England when she was 10-years-old but afterwards needed to flee from William the Conqueror after his victory at the Battle of Hastings in 1066. Her widowed mother set out to take her children north to Northumbria but her family's ship got caught in a storm. The storm drove their ship even more north to Scotland, where they were shipwrecked in 1068. The spot they landed on is now known as "St. Margaret's Hope."

Malcolm Canmore III, the king of Scotland, welcomed Margaret and her family and put them under his protection. He soon fell deeply in love with the beautiful and kind princess. Margaret and Malcolm became married in 1070 at the castle of Dunfermline. Together, they had eight children, six sons and two daughters. All of whom were raised with deep Catholic Christian faith. They lived as a holy family, a domestic church.

Margaret's kind-nature and good heart was a strong influence on Malcolm's reign. She softened his temper and helped him become a virtuous King of Scotland. Together they prayed, fed the hungry, and offered a powerful example of living faith in action. Margaret was placed in charge of all domestic affairs and was often consulted with state matters, as well. Her impact in Scotland led her to being referred to as, "The Pearl of Scotland."

She constantly worked to aid the poor Scotland. She encouraged people to live a devout life, grow in prayer, and grow in holiness. She helped to build churches, including the Abbey of Dunfermline, where a relic of the true Cross is kept. She was well-known for her deep life of prayer and piety. She set aside specific times for prayer and to read Scripture. She didn't eat often and slept very little so she would have more time for her devotions. She lived holiness of life as a wife, mother and lay woman; truly in love with Jesus Christ.



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## SMALL GROUP DIFFICULT SITUATION DISCUSSION

You are at the cafeteria on line and you notice that no one is saying “Thank you” to any of the good people serving, cleaning and helping.

What are 3 things you could do to make this situation better?

GRATITUDE





**LUKE 17: 11-19**

On the way to Jerusalem Jesus was going through the region between Samaria and Galilee.

As he entered a village, ten lepers approached him. Keeping their distance, they called out, saying, "Jesus, Master, have mercy on us!"

When he saw them, he said to them, "Go and show yourselves to the priests." And as they went, they were made clean.

Then one of them, when he saw that he was healed, turned back, praising God with a loud voice. He prostrated himself at Jesus' feet and thanked him. And he was a Samaritan.

Then Jesus asked, "Were not ten made clean? But the other nine, where are they? Was none of them found to return and give praise to God except this foreigner?"

Then he said to him, "Get up and go on your way; your faith has made you well."





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**GRATITUDE**

*“Happiness can only be achieved by looking inward and learning to enjoy whatever life has and this requires transforming greed into gratitude.”*

*- St. John Chrysostom*





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# INGRATITUDE

The weakness to be forgetful of or to give a poor return for kindness received.



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**VICE**

## INGRATITUDE BRINGS UNHAPPINESS

Ungrateful people are unhappy people.

Those who always want more or something better can never be happy in the present moment.

If you are always looking ahead to something better, if you think you will only be happy ONCE you get that thing or achieve that status or accomplish that goal ... you spend your whole life seeking those things and you develop the habit of never being satisfied.

Let's develop the habit of being grateful and content with what we have right now.





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