Gratitude

Blessings that Make Your Life Meaningful

Start a list of blessings that make your life meaningful. Look  
for hidden blessings that you might otherwise overlook. Include   
one blessing in each category for which you are grateful:

* Loved ones
* Material provision
* An aspect of creation
* Difficulties redeemed
* Character developed in suffering
* Your relationship with God

**Group Sharing:**What was this experience like for you? What surprised you?

