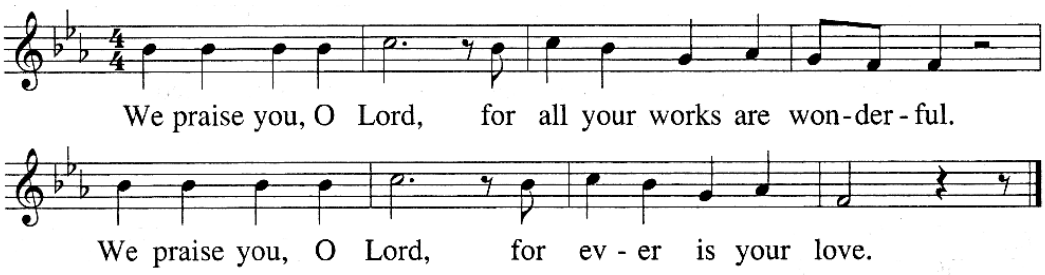
A Dollop of Gratitude

Call to Prayer: *Gratitude improves self-esteem and enhances relationships, quality of sleep and longevity. If it came in a pill form, gratitude would be deemed* 'the miracle cure.' *It's no wonder, then, that God's anxiety therapy includes a large, delightful dollop of gratitude.*

Max Lucado, Trade Your Cares for Calm

Hymn: "We Praise You, O Lord" (Sing/recite twice, please.)



Text: Mike Balhoff, b.1946
Tune: Darryl Ducote, b.1945, Gary Daigle, b.1957
© 1978, Damean Music. Distributed by GIA Publications, Inc.

Used with permission GIA HymnPrint.net #11692

Antiphon All: ***Your works praise you, O God. Your faithful people extoll you.***

Psalm 145, 10 (NIV)

Psalm 145 **A Psalm of Praise** (Please, alternate sides.)

1 Great are you, O God, and worthy of praise; your greatness no one can fathom.
2 One generation commends your works to another; we tell of your mighty acts.
1 We speak of the glorious splendor of your majesty and meditate on your creation.
2 We tell of the power of your awesome works and proclaim your great deeds.
1 We celebrate your abundant goodness and joyfully sing of your kindness.
2 You are gracious and compassionate, slow to anger and rich in love.
1 You are good to all and have compassion on all you have made.
2 All your works praise you, God; your faithful people extol you.
1 O God, you uphold all who fall and lift up all who are bowed down.
2 The eyes of all look to you and you give us our food at the proper time.
1 You open your hand and satisfy the desire of every living thing.
2 You are righteous in all your ways and faithful in all you do.
1 You are near to all who call on you, to all who call on you in truth.
2 You fulfil the desires of those who love you; you hear our cry and save us.
1 You watch over all who love you, but all who do wicked deeds, you destroy.
2 Our mouths speak in praise of you, O God.

ALL: Let every creature on earth praise your name forever and ever.

adapted from https://www.biblegateway.com/passage/?search=Psalm%20145&version=NIV

Reading: If I were given an assignment to sit down with a gratitude journal and list what I am thankful for, in alphabetical order, an item for each letter, could I do it?

Psalm 145 may seem choppy. However, the verses all begin with the successive letters of the Hebrew alphabet. Children sang this psalm as a way to memorize their alphabet. While learning it, they would also discover God and that even created things, like plants and noisy animals, praise God.

Praise of God often begins in private, but it expands and expands until it includes all the universe. God does not need our praise. Praise adds nothing to God's greatness. However, we need to do it, for praise helps us realize what finely-tuned creations we are and what a magnificent environment we live in. So from A to Z, let us praise and thank God for who God is. adapted from Presidential Prayer Team, Vantage Point Devotional, 11/2/24

Reflection and Sharing:

What causes my heart to sing out in praise and thanks?

How do I show gratitude to God, my family, poor persons?

Response **ALL:** ***My only desire is that God may give us the spirit of profound gratitude for so many benefits bestowed on us.*** St. Vincent Coste, volume V, page 81

Intercessions **Leader:** Let us express our prayers of gratitude to God.

(All are invited to name people, things, gifts, etc., in gratitude to God.)

Response to each prayer ALL: Praise and thank You, O God.

Our Father

Closing Prayer **ALL:** **Father all powerful, Your gifts of love are countless and Your goodness infinite; as we come before you today with gratitude for Your kindness, open our hearts to have concern for every man, woman and child, so that we may share Your gifts in loving service. Through our Lord Jesus Christ, Your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever. Amen** Collect for Thanksgiving Day Mass

Blessing **Leader:** God, bless and keep us in Your loving care always.
ALL: Amen.

++

Prayer Texts

Psalm 138: 1 "I will give thanks to you, Lord, with all my heart …"

Corinthians 1:3-5 "I give thanks to my God always ... in Jesus…"

prepared for the Ladies of Charity by Sr. Carol Schumer, D.C.