
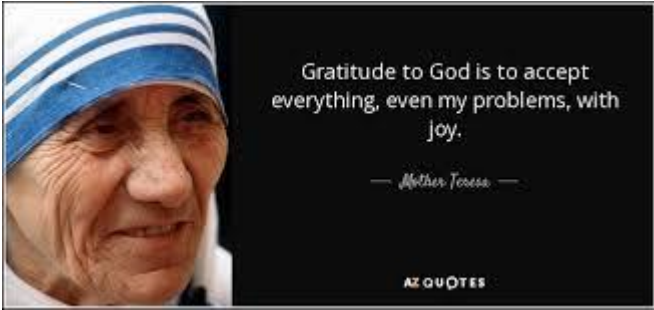
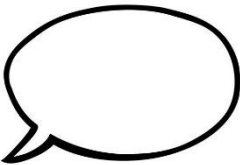


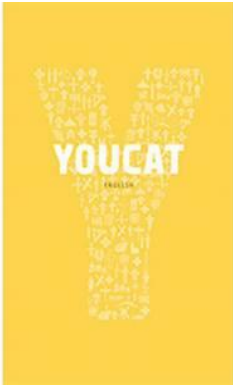
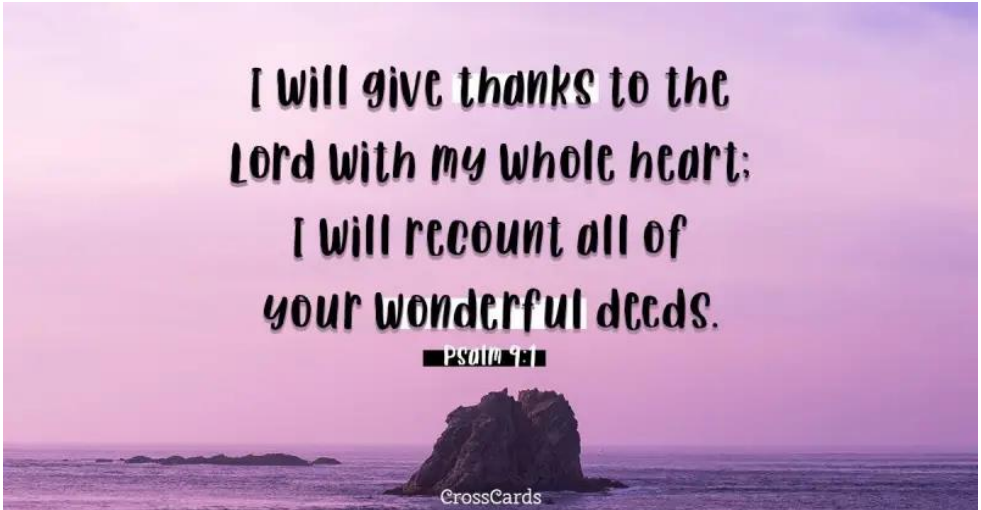
Developing Spirituality – Fifteen Minutes of Faith

Week beginning: 13th July 2020

Created by: YCT- Kyle King

❖ Make the sign of the cross

<p>Theme (with explanation/introduction)</p>	<p style="text-align: center;"><u>Gratitude</u></p>  <p>Gratitude is the quality of being thankful and being ready to appreciate whatever someone does for you or when they give you something. Having gratitude doesn't always mean you have to give the individual a present however you may spend time with them.</p> <p>Gratitude is the expression of appreciation for what one has. It is a recognition of value independent of monetary worth. Spontaneously generated from within, it is an affirmation of goodness and warmth.</p>
<p>Main stimulus material (poem, reading, music, art, object, video clip, news story)</p>	<p>https://www.youtube.com/watch?v=OE68uuspXI4</p> 
<p>Reflective questions:</p> 	<p>Reflective Questions: When did you think you showed gratitude to someone? Who was that person? Do you show more gratitude to close relations more than friends or do you show them the same amount?</p> <p>Task to Try at Home</p> <ul style="list-style-type: none"> Write down 7 things and act on them on how you can show gratitude to someone. It could be towards anyone including teachers, parents, guardians, peers or even globally.

	<p>Try to come up with a way you can give gratitude to society? Maybe volunteering.</p>
<p>Link to Catholic Virtues (Please highlight and explain why the virtue(s) links to the theme chosen)</p>	<p><i>Grateful & Generous- while we are in living in this pandemic we show gratitude by</i></p> <ul style="list-style-type: none"> • <i>Following rules and guidance by Government.</i> • <i>We shop for others who are in more danger than we are.</i> <p><i>We have chose this theme as we need to love one another through these hard times in life and we need to show them our gratinude and generosity and work well together.</i></p>
<p>Link with scripture or YOUCAT</p> 	<p>The Bible encourages us to cultivate a spirit of gratitude. “Show yourselves thankful,” wrote the apostle Paul, who set a fine example himself. For instance, he ‘thanked God unceasingly’ for the positive response of others toward the message he shared with them. (Colossians 3:15)</p> 
<p>Intercessions (Special Prayers for the week ahead)</p>	<p>Lord, help us to show gratitude in all that we do. We ask for guidance to show gratitude and to understand your perfect love.</p> <p>Lord hear us.... Lord Graciously hear us</p>

Final Prayer

A Prayer of Gratitude

Thank You for transforming me, by the renewing of my mind in Your precious Word, so that I can be living proof of that good and acceptable and perfect will of You, God.

Through You, I am destined to win, for You have made me more than a conqueror: an over-comer of this world.

I confess that I am the righteousness of God created in Christ Jesus! Thank You for making me in Your image and likeness, no less than anyone else but an original, designed by the loving desires of Your heart.

Read the full prayer @ christianstt.com

Amen.

❖ Make the sign of the cross

Stay safe and we will be happy to see you all back when we can.