

Lenten

MOMENTS



The call for personal renewal during Lent is an invitation to look deep into our hearts and our lives to refresh or nurture our relationship with God and others. Gratitude for what we have is one way of appreciating the love of God which surrounds us.

Pope Francis on gratitude:

Joy springs from a grateful heart. Truly, we have received much, so many graces, so many blessings, and we rejoice in this. It will do us good to think back on our lives with the grace of remembrance. Gratitude and hard work: these are two pillars of the spiritual life. Perhaps we need to ask ourselves: are we good at counting our blessings? (NYC, September 24, 2015)

FOR REFLECTION

What are you most grateful for in your life?
How can you practice gratitude during this Lenten season?

When the heart is grateful, the mind is healthy. When you appreciate who you are, enjoying the gifts within you and around you in your family, neighbourhood, nature, then the odds are that you are 'in a good place', responding in a balanced and positive way to the pain and wonder of your life ... Practise the 'gratitude attitude' for the walk you've just had, the shower you've just enjoyed, the meal you are preparing, the friend who is calling in later ...

(Daniel O'Leary, *The Healing Habit* p. 105).