**United Parish in Brookline**

**March 7, 2021**

**Fruits of the Spirit: Gratitude**

**Further Questions for Consideration**

What does gratitude mean to you?

What does it look like?

Whom have you witnessed as the embodiment of an “attitude of gratitude”?

What do you think about the idea that a regular practice of gratitude can be an antidote for anxiety?

Make a list of ten *specific* things you’re grateful for this day.

What do you notice about the list?

What do you often take for granted?

Today’s scripture says, “rejoice always” and “in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

What does this look like? How realistic is it as a spiritual goal?

How could you incorporate more gratitude into your daily life?